

Programs



Explore Winter 05 / 06 Chula Vista!

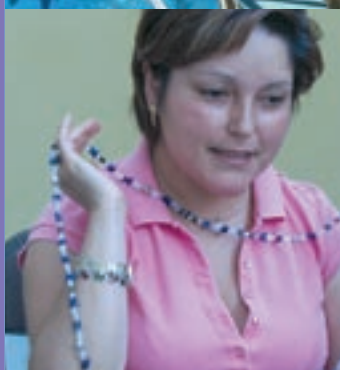


Classes

Events



City of Chula Vista
Recreation Department
Public Library
Boys & Girls Club
YMCA



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Winter 05/06



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City Council

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City Manager

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Donald Salcido
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Lauren Weidner

Director of Recreation

Buck Martin

Assistant Director of Recreation

Shauna Stokes

Disclaimer

The City of Chula Vista has made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice for reasons related to student enrollment, teacher and location availability, or any other reason at the discretion of the administration.



Recreation Department Inclusion Philosophy

The City of Chula Vista is dedicated to serving the needs of everyone in the community through inclusive programming. Persons with special needs are encouraged to participate in programs. For assistance, please call Recreation Supervisor, Carmel Wilson, CTRS at (619) 409-5800. A two-week advanced notice is required.

Outside Performances

Many of the Department's recreational class instructors provide additional opportunities to perform at outside programs and special events. These performances and appearances are considered separate from the Recreation Department classes and programs. The Department has no involvement with the performance selection, scheduling, transportation, instructor oversight or liability in connection with these outside performances. Please direct all questions or concerns to the instructor.

The Chula Vista Elementary School District neither sponsors nor endorses this information, activity, or organization. Distribution of this material is provided by the District as a community service. Any questions or comments should be directed to the sponsoring agency.

Special Events



Holiday Festival

December 3, 2:30 pm – 5 pm

The community is invited to kick off the holiday season with the City's Holiday Festival. in Memorial Park. It will provide fun for the whole family with live holiday musical performances, pictures with Santa, holiday crafts and contests and more! All activities are free of charge, sponsored by the City of Chula Vista Recreation Department.

Christmas Circle

December 10 - 26

It's a long-standing holiday tradition—Christmas Circle will celebrate its 48th year in Chula Vista! The public is welcome to walk or drive through a neighborhood beautifully trimmed with sparkling lights and festive decorations. The circle is open from 5 to 10 p.m. daily from December 10 - 26 and is located on Whitney and Mankato between First and Second Avenues, south of H Street. Last year, over 25,000 cars visited the neighborhood...don't miss this cheery seasonal event!



North Pole Calling

Chula Vista youngsters can receive a special holiday telephone call from the North Pole this year! Kids in kindergarten, first and second grades can receive the free special calls, which will be made December 5 – 7 from 6 – 8 pm. Parental application/ registration forms will be distributed through local elementary schools and all Recreation facilities, or they may be downloaded from the City's Website. Application for calls must be postmarked no later than November 29. For more information about the events taking place in Chula Vista throughout the year, call the City's special events hotline at (619) 585-5682 or visit the "Calendar" link on the City's Website at www.chulavistaca.gov.



43rd Annual Starlight Parade

December 3, 6 pm

Watch the tree lighting ceremony at 5:30 p.m., grab some hot cocoa and a good spot to watch the 43rd annual parade. The parade features marching bands, festive floats, carolers and plenty of holiday cheer on Third Avenue between E and Alvarado. Don't miss the action beginning at 6 pm. For more information, please call Downtown Business Association (619) 422-1982.



Recreation Department



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.

Fact:

Physical activity helps control weight, build lean muscle, and reduce fat.

Welcome to the City of Chula Vista Recreation Department's Winter 2006 brochure of events, classes, and programs. Veterans Recreation Center is open for winter classes! Please check out our newest recreation center at 785 East Palomar. In addition, a new fitness center will be opening at Norman Park Center at 270 F Street. Look for new neighborhood parks to be opening in 2006 – Harborside Park, Horizon Park, Mountain Hawk Park, and Winding Walk Park.

Mission Statement

We enrich our community through recreational opportunities and services.

Vision Statement

Our vision is a community that achieves learning, self-discovery, balance, and essential life skills through recreation.

Our Values

- Integrity
- Respect
- Professionalism
- Accountability
- Commitment
- Teamwork
- Fun

Recreation Center Hours of Operation

Chula Vista Community Youth Center

465 L Street (619) 691-5276

Mon - Thurs 3 - 8:30 pm

Fri 3 - 7 pm

Sat & Sun 12 - 4 pm

Parkway Community Center

Frank Carson, Recreation Supervisor III

373 Park Way (619) 691-5083

Mon - Thu 2:30 - 8:30 pm

Fri 2:30 - 7 pm

Sat & Sun 12 - 4 pm

Otay Recreation Center

Michelle Castagnola,

Recreation Supervisor II

3554 Main Street (619) 476-5325

Mon - Thurs 2 - 9:45 pm

Fri 2 - 7:45 pm

Sat 7:30 am - 3:45 pm

Sun 12 - 3:45 pm

Loma Verde Center

Sandy Chavez, Recreation Supervisor III

1420 Loma Lane (619) 691-5082

Mon - Thurs 2:30 - 8:30 pm

Fri 1 - 7 pm

Sat 12 - 4 pm

Sun Closed

Heritage Park Community Center

Tony Ramos, Recreation Supervisor II

1381 East Palomar St. (619) 421-7032

Mon, Tue, Thurs 2 - 9 pm

Wed 2 - 8 pm

Fri 2 - 7:30

Sat 12 - 4

Sun Closed

Veterans Park and Recreation Center

Victoria Tom, Recreation Supervisor III

785 East Palomar St. (619) 691 - 5260

The following are anticipated hours of operation. Please call for information:

Mon - Fri 9 am - 12 noon

2 - 10 pm

Sat 12 - 5 pm

Sun 12 - 4 pm

Norman Park Center

Karen Harvell, Recreation Supervisor III

Kathy Wigginton, Recreation Supervisor II

270 F Street (619) 691-5086

Mon - Fri 8 am - 10 pm

Sat Closed

Sun 1 - 5 pm

New Facilities Opening Spring 2006

Monteville Park & Rec Center

Shaun Ellis, Recreation Supervisor III

Salt Creek Park & Rec Center

Steve Scott, Recreation Supervisor III

Fun To Be Fit Programs

Look for the oval symbol next to the activities on pages 4-7, 26 and 27 of the brochure for Fun To Be Fit programs for all ages! These programs will be free or minimal cost. Prizes and T-shirts will be awarded. Join with family and friends to "Get Fit with Chula Vista Recreation!"



Interested in renting a center, gymnasium, or meeting room for a private party or function? Facility rentals are available at reasonable rates. Call your center of choice for available times and details.

Community Centers



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.

Fact:

Over 60 million people (a third of the population) are overweight.

Community Youth Center

Video Football Challenge

Ages 8 – 15

Hey gamers come out and play! It's FREE! Pre-registration is required.

#9330.181

Friday, January 20 3:30 - 5:30pm

Sports Clinic FREE

The Community Youth Center will be offering free weekly sports clinics on eight Wednesdays this fall. A new sport clinic will be introduced each week. Preregistration is required for each week. Space is limited, so sign-up early.

#9225.181

Whiffle Ball

Jan 18 4:15 – 5 pm

#9225.182

Track and Field

Jan 25 4:15 – 5 pm

#9225.183

Indoor Soccer

Feb 1 4:15 – 5 pm

#9225.184

Field Hockey

Feb 8 4:15 – 5 pm

#9225.185

Basketball

Feb 15 4:15 – 5 pm

#9225.186

Obstacle Course

Feb 22 4:15 – 5 pm

#9225.187

Floor Hockey

Mar 1 4:15 – 5 pm

#9225.188

Lacrosse

Mar 8 4:15 – 5 pm

Fearless Friday

Ages 5-13

Come compete in a variety of (safe) stunts and silly competitions that will show if fear is a factor for you! Pre-Registration is required. FREE! Event.

#9330.183

Friday, February 17 3:30-5:30 pm

Hotshot Competition

Ages 8-17

Come compete for the chance to be named "Hotshot" champion. Each court will have a special challenge. FREE! Event pre-registration required.

#9330.185

Friday, March 17 3:30 – 5:30 pm

Happenings at Heritage

100 Miles at Heritage

Looking for a way to get exercise in a scenic and friendly environment? Then sign up for 100-Miles at Heritage. Participants will have ten weeks to walk or run 100 miles around the walking trails at Heritage Park. Upon completion, participants will receive a, "I Walked 100 miles at Heritage Park" T-shirt. Cost is FREE.

Catch Recreation in Your Parks

Ages 6 & Up

Looking for fun and healthy activities in your own backyard? It's time for you, no matter what your age, to enjoy your parks. In the Hearts-N-Parks program, we will be engaging in a variety of FUN activities for all ages.

Mon – Thurs 4 - 6pm

Program will not run from December 19 – January 8.

Parents' Night Out / Santa's Workshop

Ages 6 & Up

Parents, this is your opportunity to finish up your shopping. Kids join us for an evening of fun, activities, games, and snacks. Also, kids can make gifts for family or friends. Crafts range from free to \$2 each. Pre-registration is required.

Fee: \$10.00 per child

December 9 5 - 9pm

Heritage Spring Camp

Ages 6 – 12

Enjoy arts, crafts, games, field trips, and more. Space is limited. Morning extended care is available from 7:30 – 8:30am for an additional \$10 per week.

Fees range from \$100 - \$130 per week.

March 27 – April 14

8:30 am – 4:30 pm

Valentine's Day Celebration

Ages 5 - 12

Come and celebrate Valentine's Day. Make a gift for that special someone. We will have a variety of arts and crafts, games, and more. FREE

February 10 1:30-3:30 pm

St. Patrick's Day Celebration

Ages 5 - 12

Put on your green and come celebrate St. Patrick's Day! We will have a variety of St. Patrick's Day themes including arts and crafts, games and more. FREE.

March 17 1:30-3:30 pm

Loma Verde Rocks!

Loma Verde Creative Corner

Ages 5 – 14

Creative Corner is designed to introduce participants to a variety of holiday and seasonal crafts. A calendar of crafts projects is located at the center. Both girls and boys are encouraged to attend.

Free

Tues 3 - 4 pm

Loma Verde Sports Club

Ages 6 - 14

Activities will include instruction on the fundamentals of floor hockey, soccer, baseball, basketball, and flag football. Teamwork and good sportsmanship will be stressed. There will also be swim days and BBQs.

Free

Thurs 3 - 4:30 pm

Community Centers



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.

Fact:

Regular physical activity need not be strenuous to be beneficial.

Phat Fridays

Hey kids! Join us on Fridays for a variety of special activities from movies with popcorn to build your own sundaes to root beer float day, plus bingo and dances. For more information on activities check our calendar at the center or call (619) 691-5082.

Fri 2:30 – 4 pm

Wiz Kidz

The Wiz Kidz program is part of the Chula Vista Recreation Department Drug Prevention and Gang Diversion Program. Activities are designed to increase drug awareness, build self-esteem and enhance refusal skills.



Fri 4 – 6 pm

Parents' Night Out

Ages 5 & up
Parents drop off your kids and finish that last minute holiday shopping. Activities will include dinner, crafts, a movie and games. Cost \$10 child

#9155.424

Dec. 9 6 - 10 pm

#9155.425

Dec. 16 6 - 10 pm

Ceramics Make & Take

Ages: 6 & up
Children will get an opportunity to paint a ceramic item for the holidays. Cost is \$10.00 includes project & paint.

#9537.121

Dec. 10 10 am – 1 pm

Santa's Workshop

All ages
Make a gift or ornament for 50 cents per project Community volunteers will help participants with their projects. Come join the fun!

Dec. 9 2:30 - 4:30 pm



Santa is coming to Loma Verde Center

Come give Santa your last minute list. Free candy canes for everyone. Parents don't forget your cameras!

Dec. 16 2:30 - 4 pm

Super Bowl Thursday

All Ages
Hey future Chargers and football fans! Come join us for a punting, passing, and kicking contest and then a hot dog feast. You'll also play games and win prizes.

Feb. 2 2:30 – 4:30 pm

Valentine's Day Dance

Ages: 5th & 6th graders.
Dance contest, raffles and much more.
Fee: \$1 cover charge

Feb. 10 3 – 5 pm

Club LV Teen Dance

Valentines Dance
Ages: middle & high school students.

Live DJ playing the best hip-hop, Top 40 and slow jams. Activities include raffles, dancing and much more.
Fee: \$3.00 cover charge. For more info call 691-5082.

Feb. 10 8 – 11 pm

Mardi Gras Party

Come celebrate "Fat Tuesday" with games, crafts, and prizes.

Feb. 28 2:30 – 4 pm

Otay, Out of Sight!

Breakfast with Santa

Ages: Children up to age 12 and parents
Enjoy a fun filled holiday breakfast, have fun making holiday crafts and visit with Santa. Space is limited; Tickets go on sale November 15th (no sales at the door). Purchase your tickets at the Otay Recreation Center. Be sure to bring your camera to get your picture taken with Santa.

Fee: Adults \$4 Kids: \$2 (ages 12 and under)

Saturday, Dec. 17 8:30-10:30 am

Pre-Super Football Friday!!

Ages 5 and up
Join us for some Pre-Super Bowl festivities here at Otay. Get out those team jerseys and participate in the punt, pass and kick contest. Also, make a team banner and enjoy a pre-game hot dog and soda. It's a great way to count down to Super Bowl Sunday!

Friday, January 27, 2006 2 - 4pm

Valentines Day Celebration

Ages 6-12
Dress in red and celebrate Valentines Day! Make a card or a gift for that special someone. Also enjoy building your own strawberry ice cream sundae.

Tuesday, February 14, 2006 2 - 4pm

California Baseball Stadium Tour

Ages: 5 – 15
Join the stadium tour and run the distance from PETCO Park to the different baseball stadiums throughout California. Come on down to the center and run with a group of kids your age and keep in shape. Receive a prize at each stadium you reach. Sign up today.

Mon – Fri 3 – 3:30 pm

#9450.441



Wiz Kidz

Part of the Chula Vista Recreation Department Drug Prevention and Gang Diversion Program, activities are designed to increase drug awareness, build self-esteem, and enhance refusal skills.

Otay Center

Mon – Thurs

2 – 4:30 pm

Fri

1 – 4:30 pm



Parkway Presents

Candy Cane Guess

Ages: 5 - 14

Guess how many candy canes are in the jar and win them all. Guessing starts Dec. 1. The winner will be announced Dec. 16. FREE

Santa's Story Time Workshop

Ages: 5 - 12

This holiday season we have some great craft opportunities planned for the children. We will read or show a video of some of the great holiday stories, then after that we will have a special craft for the children pertaining to that story. This is something you don't want to miss. FREE

Fridays, Dec. 2, 9, 16 3:30 – 5:00

Holiday Day Camp

Ages 5 – 14

These two popular camps are scheduled during those two weeks when the children are out of school. An array of activities, projects, and games are planned for these two five-day camps. Fee- Resident \$92 Non-Resident \$115 (Extended care will be available at an extra fee.)

#9050.161

Dec. 19 – 23

#9050.163

Dec. 26 – 30

Parkway Fitness Club ♥

Ages 6 – 12

This popular club is back and offers kids the basics of a variety of different fitness activities. Learning is accomplished through games and friendly competition. They'll have so much fun they won't even know they're exercising. The goal is to promote a healthy lifestyle through fun, knowledge, and exercise. Sessions will be held on Wednesdays from January 17- March 23

Fee: \$5

#4317.161

Wed

Parkway

4 – 5 pm

Big Game Football Party

Ages 5 – 14

Parents drop your kids off at the center for a night of supervised FUN. Our activities will include obstacle courses, skill challenges, and a craft project. Finally, what would a football party be with out some great snacks that will for sure satisfy some great appetites? The children must be picked up form this activity. Sign up in advance starting December 5.

Fee: \$6 (in advance) \$8 (the night of the event)

#9050.162

Parkway

Friday, February 3 6 – 9 pm

Friday Crafts

Ages 5 - 14

Staff will be introducing a new craft every Friday. This FREE activity is a great creative outlet for kids and teens. Join us for fun and creativity! Don't miss our special Valentines Day craft activity on Friday, February 10.

Fri

3:30 – 4:30 pm

New Recreation Centers



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.

Fact:

13.5 million people have coronary heart disease.

Adventures at Veterans!

Veterans Winter Camp

Ages: 6 - 12

How would you like to enjoy the fun of summer camp during your Winter Break? Then join the staff at Veterans for Winter Camp 2005-2006 where you will experience adventures and fun in a supportive environment. All camps include an exciting variety of recreational activities: arts and crafts, specialty projects, cooking, games, sports and fieldtrips. Extended care available from 7:30 - 8:30 am, and 4:30 - 5:30 pm for an additional fee. Space is limited.

8:30 am - 4:30 pm

#9100.111 Dec. 19 - Dec. 23

Boardwalk

Fee: \$100 Resident / \$136 Nonresident

#9100.112 Dec. 27 - Dec. 30

Peter Piper Pizza and Bowling

Fee: \$100 Resident / \$136 Nonresident

#9100.113 Jan. 3 - Jan. 6

San Diego Zoo

Fee: \$120 Resident / \$163 Nonresident

Family Fun Nights

Check out Family Fun Nights at Veterans Recreation Center. Drop by and enjoy FREE activities such as table tennis, foosball, pool, board games, bingo, craft projects, and more. All activities are offered on a drop-in basis and do not require registration. I.D. required to check out equipment.

January 19 5 - 7 pm

February 23 5 - 7 pm

March 23 5 - 7 pm

VERB Crossover

Ages 9 - 13

Don't be surprised if you start hearing words like "Bas-Kickball", "Hoop-Scotch", and "Basket-Tag". Those are just a few of the VERB Crossover games that we will play. When basketball is crossed with other sports and activities, the result is VERB Crossover. VERB = Action, so get active and have fun doing it! FREE

#9910.111

Fri 2:30 - 4 pm

SHARK (Start Healthy, Active Recreation for Kids) ♥

Ages 5 - 10

SHARK will provide youth an opportunity to enrich their sports skills by participating in a safe, positive, and noncompetitive program. Each SHARK experience offers fundamentals, fun times, and good friends. A nutrition component will be added to encourage youngsters to choose a healthy lifestyle for themselves. Prizes and incentives will be provided in this FREE 10-week program.

#9900.111

Mon / Wed

4 - 5 pm

Valentine's Day Parents Night Off

Ages : 5+

Parents can have the night out, while the kids participate in a variety of activities.

Activities include: dinner, valentines craft, movies, and games.

Fee: \$10 Resident / \$15 Nonresident

#2155.113

February 14

6 - 9 pm

Pajama Story Night

Ages: 18 month and up

Bring your friends and family and enjoy wonderful stories with our amazing storyteller. Pajamas and stuffed toy optional.

Jan 24, Feb 28, March 28

7 - 7:30 pm

St. Patrick's Day Parents Night Out

Ages : 5+

Parents can have the night out, while the kids participate in a variety of activities.

Activities include: dinner, St. Patrick's Day craft, movies, and games.

Fee: \$10 Resident / \$15 Nonresident

#2155.114

March 17

6 - 9 pm

Parents' Night Out

Ages: 5+

Parents can have the night out, while the kids participate in a variety of activities.

Activities include: dinner, crafts, movies, and games.

Fee: \$10 Resident / \$15 Nonresident

#2155.111

January 13

6 - 10 pm

#2155.112

February 10

6-10 pm

Flashlight Candy Hunt

Ages 2 - 12

Get ready for our First Annual Flashlight Candy Hunt! Participants can hunt for sweet treasures in the following divisions: 2 - 5 years and 6 - 12 years. This event is designed for the entire family and will feature treats, games, and crafts for participants. Remember to bring your flashlight and a bag for your treats.

Fee: \$3 Resident / \$5 Nonresident

#9920.111

March 4

5 - 8 pm

NEW RECREATION CENTERS & PARKS OPENING IN SPRING 2006

Monteville Park & Recreation Center

A 29-acre park in Rolling Hills Ranch along Hunte Parkway is under development and scheduled to open Spring 2006. The property lies between Duncan Ranch Road and the Salt Creek Open Space. The park will contain a variety of amenities including three multipurpose fields, a softball field, basketball and tennis courts, a skate area, off-leash dog area, playground areas, walking trail, and numerous picnic shelters and picnic areas.

The park will also contain a 21,144 square foot facility that will house a gymnasium, various multi-purpose rooms, restrooms, craft rooms, game room, an adult annex, and other miscellaneous rooms.

Salt Creek Park & Recreation Center

A 24-acre community park in EastLake Trails on Otay Lakes Road, containing two multi-purpose fields, a speed soccer rink, a skate area, tennis and basketball courts, playground areas, picnic shelters, walking trails, and assorted other amenities. Salt Creek Park is scheduled to open Spring 2006.

The park will also contain a 19,500 square foot recreational center, which will house a gymnasium, weight room, youth annex, and other miscellaneous rooms.

Winter Classes

Kids • Preschool



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact:

Physical activity helps build and maintain healthy bones, muscles, and joints.

All classes are 10 weeks unless specified otherwise. Classes are from January 17 - March 27, unless otherwise noted. Monday classes start on Monday, January 23.

Preschool • Kids

Preschool Karate ♥

Age: 3 - 5 yrs.

Learn the basics of karate including basic body movement and placement as well as timing. This class is meant to be at the exploration level for preschool aged students.

Instructor: Jessica Hickman

Fee: \$25 Resident / \$30 Nonresident

#0030.181 Youth Center
Thurs 3:15 - 3:45 pm

Instructor: Gary Amen

Fee: \$37 Resident / \$44 Nonresident

#0030.142 Otay
Thurs 3 - 3:45 pm

#0030.111 Veterans
Thurs 4:15 - 5 pm

#0030.121 Loma Verde
Tue 3:30 - 4:15 pm

Mom (or Dad) & Me

Age: 18 mos. - 3 yrs.

The primary goal of this class is to develop socialization skills through exposure to other children. The activities will be geared toward interaction between the parent and child. Parents will also find this class to be a valuable way to share their child-rearing experiences with other parents.

Instructor: Roxanne Knight

Fee: \$36 Resident / \$44 Nonresident

#0001.161 Parkway
Tues 10 - 10:50 am

Me, You, and Fun, Too!

Age: 18 mos. - 3 yrs.

You and your child will enjoy quality bonding time with arts & crafts, storytelling, circle time, music & movement, and more.

Instructor: Staff

Fee: \$45 Resident / \$55 Nonresident

#0280.141 Otay
Tues 4 - 5 pm

#0280.142 Otay
Thurs 12 - 1 pm

Bumble Bee Sports ♥

Age: See Below

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt, sports photo and award. Parents are encouraged to attend.

Instructor: Staff

Fee: \$85 Resident / \$105 Nonresident

Age: 2 - 3 yrs.

#0150.141 Otay
Hockey / Soccer
Thurs 4 - 4:45 pm
Fri (games) 4 - 4:45 pm

#0150.142 Otay
Hockey / Soccer
Tues 11 - 11:45 am
Thurs (games) 11 - 11:45 am

#0150.101 Heritage
Hockey/Soccer
Fri 3:30 - 4:15 pm
Sat (games) 10 - 10:45 am

Ages: 4 - 5 yrs.

#0150.143 Otay
Hockey / Soccer
Thurs 5-5:45 pm
Fri (games) 5-5:45 pm

#0150.144 Otay
Hockey / Soccer
Mon 5:15 - 6 pm
Tues (games) 5:15 - 6 pm

#0150.102 Heritage
Hockey/Soccer
Fri 4:30 - 5:15 pm
Sat 11 - 11:45 pm

Tot Fun Hour

Age: 4 - 5 yrs

Join us for an hour of reading, dancing, singing, crafts, and more. Themes include, Dr. Seuss, Berenstain Bears, fairy tales and rhymes. Your child will learn ABCs, numbers, social skills and motor skills.

Instructor: Staff

Fee: \$40 Resident / \$49 Nonresident

#0030.101 Heritage
Thurs 11 am - 12 pm

Tiny Tots

Ages: 3 - 5 yrs.

This program is designed to provide stimulating and enjoyable experiences for youngsters in their first step away from home. Daily activities include storytelling, arts and crafts, show and tell, music, and games to develop social skills. We recommend that children who are registered for four days try classes at each center to get exposure to more than one instructor. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting

Instructors: D. Sakamoto (PW), M.

Campos (LV), I. Pike (V)

Fee: \$110 Resident / \$138 Nonresident

#0090.161 Parkway
Tue/Thurs 9 - 11:50 am

#0090.122 Loma Verde
Tue/Thurs 9 - 11:50 am

#0090.163 Parkway
Wed/Fri 9 - 11:50 am

#0090.124 Loma Verde
Wed/Fri 9 - 11:50 am

#0090.111 Veterans
Tues/Thurs 9 - 11:50 am

#0090.112 Veterans
Wed/Fri 9 - 11:50 am

Apples to Zebras

Age: 3 - 5 yrs.

Make learning the ABCs fun through games, songs, and arts & crafts. Each child will have an alphabet book to take home.

Instructor: Staff

Fee: \$65 Resident / \$80 Nonresident

#0240.141 Otay
Mon/Wed 11:15 - 12:15 pm

#0240.121 Loma Verde
Tue/Thurs 1 - 2 pm

Winter Classes

Kids • Preschool



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact:

Physical activity helps control weight, build lean muscle, and reduce fat.

All classes are 10 weeks unless specified otherwise. Classes are from January 17 - March 27, unless otherwise noted. Monday classes start on Monday, January 23.

Little Hands

Age: See below

You and your child will love spending time exploring, creating, and making messes in this fun and stimulating class. Emphasis is on having fun while creating. Children create a variety of projects. Expect a mess! Class requires parent participation. Materials are included.

Instructor: Staff

Fee: \$35 Resident / \$44 Nonresident

Ages: 18 months - 3 years

#0020.101 Heritage
Thurs 9:45 - 10:15 am

#0020.111 Veterans
Mon 10-10:30 am

#0020.112 Veterans
Wed. 3:30 - 4 pm

Ages: 3 - 5

#0025.101 Heritage
Thurs 9 - 9:30 am

#0025.111 Veterans
Mon 10:45 - 11:15 am

#0025.112 Veterans
Wed 4:15 - 4:45 pm

Preschool Hip Hop ♥

Age: 3 - 5 yrs.

This class is designed for the little dancers who want to learn the basic moves of hip hop and have fun.

Instructor: C. Perez

Fee: \$25 Resident / \$30 Nonresident

#0200.141 Otay
Mon 6:15 - 6:45 pm

#0200.142 Otay
Wed 4 - 4:30 pm

#0200.121 Loma Verde
Sat 9:30 - 10 am

#0200.101 Heritage
Fri 5:15 - 5:45 pm

Learn & Play

Age: 3 - 5 yrs.

Designed for children with more than one interest. Includes arts & crafts, music & movement, language, number development, and sports clinics. Each week, your child will bring home an item showing their accomplishments. Parent participation encouraged.

Instructor: Staff

Fee: \$90 Resident / \$112 Nonresident

#0230.141 Otay
Tue/Thurs 9:15 - 10:45 am

Little SportStars ♥

Age: See below

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. 8-weeks; Sign up early—space is limited!

Instructor: Staff

Fee: \$30 Resident / \$38 Nonresident

3 - 5 yrs.
#0220.181 CV Youth Center
Wed 3:15 - 4 pm

5 - 7 yrs.
#0220.121 Loma Verde
Thurs 4:30 - 5:15 pm

#0220.122 Loma Verde
Sat 9:30 - 10:15

Wiggly Worms ♥

Age: 18 mos.- 3 yrs.

Let's play together! We'll sing, dance, and shout to try to get our wiggles out. We will have games, obstacle courses, plus music and movement activities. Develop both physical and social skills while having a great time.

Instructor: Staff

Fee: \$50 Resident / \$62 Nonresident

#0310.141 Otay
Tues 12-12:45 pm

#0310.111 Veterans
Thur 11:30 am - 12:15 pm

Mighty Tykes ♥

Age: 3 - 5 yrs.

Become a mighty tyke and burn lots of energy through interactive games and fun movement activities. While having fun, preschoolers will learn social and physical skills, while working on gross motor skills such as running and jumping.

Instructor: Staff

Fee: \$50 Resident / \$62 Nonresident

#0220.141 Otay
Mon 4:15 - 5 pm

#0220.111 Veterans
Tue 11:30 am - 12:15 pm

Preschool Traditional Dance Folklorico Mexicano ♥

Age: 3 - 5 yrs.

Fun and festive basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills.

Instructor: Y. Chacón-Beniquez

Fee: \$30 Resident/\$37 Nonresident

#0140.162 Parkway
Sat 9:30 - 10 am

Preschool Ballet & Tap

Age: See Below

Learn elementary techniques of ballet and tap to help develop motor learning skills, with increased emphasis on creative movement combined with imagination and FUN! This course also covers routines, rhythm, coordination and stretching.

Instructor: C. Perez

Fee: \$28 Resident / \$34 Nonresident

Ages: 2 - 6 yrs.

#0120.141 Otay
Wed 4:30 - 5 pm

#0110.188 CV Youth Center
Sat 12:30 pm - 1 pm

#0110.163 Parkway
Tue 4 - 4:30 pm

RECREATION DEPARTMENT

The Heart of the Neighborhood

RECREATION

www.chulavista.gov/rec



Kreative Wonders

Age: 18 mo. – 5 yrs.

Builds children's perceptual and locomotor skills and self-esteem. 5-week session.

Instructor: C. Paseman (H)

Fee: \$30 Resident / \$37 Nonresident

Session 1 (Begins the week of Jan. 17)

Toddler Gym (w/ adult) 18 mo. – 2 ½ yrs.

#0050.101 Heritage
Wed 9 – 9:40 am

#0050.102 Heritage
Fri 9 – 9:40 am

#0050.103 Heritage
Fri 9:45 – 10:25 am

#0050.104 Heritage
Sat 9 – 9:40 am

Kinder Gym (w/ adult) 2 ½ – 3 ½ yrs.

#0055.101 Heritage
Wed 9:45 – 10:25 am

#0055.102 Heritage
Fri 10:30 – 11:10 am

#0055.103 Heritage
Sat 9:45 – 10:25 am

Kinder Gym 2 3 ½ – 5 yrs.

#0060.101 Heritage
Wed 10:30 – 11:10 am

#0060.102 Heritage
Sat 10:30 – 11:10 am

Session 2 (Begins the week of Feb. 20)

#0050.105 Heritage
Wed 9 – 9:40 am

#0050.106 Heritage
Fri 9 – 9:40 am

#0050.107 Heritage
Fri 9:45 – 10:25 am

#0050.108 Heritage
Sat 9 – 9:40 am

Kinder Gym (w/ adult) 2 ½ – 3 ½ yrs.

#0055.104 Heritage
Wed 9:45 – 10:25 am

#0055.105 Heritage
Fri 10:30 – 11:10 am

#0055.106 Heritage
Sat 9:45 – 10:25 am

Kinder Gym 2 3 ½ – 5 yrs.

#0060.103 Heritage
Wed 10:30 – 11:10 am

#0060.104 Heritage
Sat 10:30 – 11:10 am

Preschool Belly Dancing

Age: 3 - 5 yrs.

Students will learn basic belly dancing movements, as well as dancing with veils to prepare for student performance. 8-week class.

Instructor: C. Martinez

Fee: \$44 Resident / \$55 Nonresident

#0180.129 Loma Verde
Wed 3 - 3:30 pm

Preschool Mexican Folk Dance

Age: 3 - 5 yrs.

Kids learn basic recreational instruction in various regional dances to develop rhythm and motor learning skills.

Instructor: M. Gorman

Fee: \$25 Resident / \$30 Nonresident

#0140.181 CV Youth Center
Tue 4:15 - 4:45 pm

Preschool Ballet Folklórico—Xochitl

Age: 1 - 5 yrs.

This fun and festive class teaches the basics of graceful and exciting Folklórico dance. Kids will also learn rhythm and listening skills.

Instructor: M. Sanchez

Fee: \$30 Resident / \$37 Nonresident

#0210.121 Loma Verde
Thurs 4:15 - 4:45 pm

#0210.111 Veterans
Wed 4:15 - 4:45 pm

Preschool Latin Dance

Age: 1 – 5 yrs.

The music alone will make your kids want to tap their toes. Beginning students learn the basics of Latin dances in an exciting atmosphere.

Instructor: M. Sanchez

Fee: \$30 Resident / \$37 Nonresident

#0210.125 Loma Verde
Tue 5:15 - 5:45 pm

Preschool Creative Dance

Age: 3 - 5 yrs.

Learn dance techniques in a fun and different way! Improve coordination, attention span and the ability to express through movement, music and fun.

Instructor: C. Perez

Fee: \$30 Residents/ \$37 Nonresident

#0201.101 Heritage
Fri 4:45 – 5:15 pm

Preschool Ballet ♥

Age: 3 - 5 yrs.

First position, second position and FUN! Learn simple ballet techniques and terminology. Emphasis on basic motor skills, creative movement and imagination. This course covers routines, rhythm, coordination and stretching.

Instructors: C. Perez

Fee: \$25 Resident / \$30 Nonresident

Parkway:

#0110.161 (new students)
Mon 3:30 - 4 pm

#0110.162 (returning students)
Mon 4 - 4:30 pm

Heritage:

#0110.101 (new students)
Thurs 5 - 5:30 pm

#0110.102 (returning students)
Thurs 5:30 - 6 pm

#0110.103 (new students)
Fri 4:15 – 4:45 pm

#0110.104 (returning students)
Fri 5:45 - 6:15 pm

Loma Verde:

#0110.126 (new students)
Fri 4 - 4:30 pm

#0110.127 (returning students)
Fri 4:30 - 5 pm

Other Centers:

#0110.144 Otay
Wed 5 - 5:30 pm

#0110.185 CV Youth Center
Thurs 4 - 4:30 pm

Preschool Tap Dance

Age: 4 - 5 yrs.

This class offers heel and toe-tapping fun! Emphasis on motor skills using creative movement with imagination. Performances are scheduled when available.

Instructor: C. Martinez

Fee: \$45 Resident / \$55 Nonresident

#0120.161 Parkway
Wed 4:15 - 4:45 pm

#0120.101 Heritage
Mon 3:30 - 4 pm

Winter Classes

Kids • Preschool



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact:

Physical activity helps control weight, build lean muscle, and reduce fat.

All classes are 10 weeks unless specified otherwise. Classes are from January 17 - March 27, unless otherwise noted. Monday classes start on Monday, January 23.

Games Galore

Ages: 3- 5 yrs.

This new class will teach the children how to interact with other children through play. Staff will introduce new games each week with the emphasis on teaching sportsmanship, coordination, and discipline. They will be having so much fun that they won't even know they're learning.

Instructor: Staff

Fee: \$36 Resident / \$44 Non Resident

#0020.161 **Parkway**
Tues 3 – 3:50 pm

Dancing with Shapes & Colors

Ages: 3 – 5 yrs.

Toddlers learn shapes and colors through different dance moves, music, games and theatrical play. Also included are small art and crafts projects. Last day of class toddlers will receive certificate and picture. This class is a fun interactive and energetic class!!!

Instructor(s): A. Ramierz

Fee: \$60 Resident / \$75 Nonresident

#0437.121 **Loma Verde**
Tues/Thurs 3 – 4 pm

#1910.111 **Veterans**
Mon / Fri 3:30 – 4:30 pm

#0091.161 **Parkway**
Wed/Fri 10:30 – 11:30 am

Creating Your Dance

Ages: 3 – 5 yrs.

Toddlers learn to dance using their imagination through everyday movements. Class involves stretching, rhythm, and coordination.

Instructor(s): A. Ramierz

Fee: \$30 Resident / \$37 Nonresident

#0455.121 **Loma Verde**
Wed 4 – 4:45 pm

#1920.111 **Veterans**
Fri 4:45 – 5:30 pm

Preschool Gymnastics

At this time we are taking a continuous recruitment for gymnastics instructors. If you would like to apply for this position, please call Parkway Community Center at 691-5085 or Loma Verde Center at 691-5082.

Dancing with Letters & Numbers

Ages 3 – 5 yrs

Toddlers learn letter recognition, letter sound, writing letters and first steps to reading. They will also learn fun songs, games, arts & crafts, theatrical play, and dancing. Also included in this fun energetic class, a certificate with a picture will be given to all of the students at the end of the session.

Instructor(s): A. Ramierz

Fee: \$60 Resident / \$75 Nonresident

#0092.161 **Parkway**
Tues/Thurs. 10 – 11 am

Kindermusik by Sumners Music

Ages: see below

Lean to stimulate your child's learning through vocal play, object exploration, and creative movement. Research proves that an early integration of music into your child's daily routine means improving his/her ability to think, reason, create, and express. At Home Materials: \$45

Fee: \$100 Resident / \$125 Nonresident

Kindermusik Village Ages 9 mos. – 1 ½ yrs.

#0075.101 **Heritage**
Tuesday 9 – 9:45 am

#0075.102 **Heritage**
Wednesday 10 – 10:45 am

Kindermusik Our Time Ages 1½ - 3

#0077.101 **Heritage**
Tuesday 10 – 10:45 am

#0077.102 **Heritage**
Tuesday 11 – 11:45 am

#0077.103 **Heritage**
Wednesday 9 – 9:45 am

#0077.104 **Heritage**
Wednesday 11 – 11:45 am

“Baby Signs” Parent Workshop

Age: Adults

Show your baby how to talk by using simple signs and gestures. Your baby can communicate his/her wants and needs and therefore decrease their frustration and boost their self-confidence. Participants will receive the Baby Signs Parent Kit.

Instructor(s): N. Laurice

Fees: Individual \$60 Resident / \$74

Nonresident

Couples: \$80 Resident / \$99 Nonresident

#3810.111 **Veterans**
Jan 18 6:30 - 8:30 pm

“Sign, Say and Play”

A Baby Signs Program

Ages: Birth – 3 years

A 6-week class for both babies as well as parents that's designed with a broader educational goal in mind. By embedding the learning of signs in activities that promote cognitive, social, language, literacy, and sensory-motor development more generally, the class teaches parents specific ways to provide support in these areas that all babies need to make the most of their critical first three years. The program delivers the following significant goals: relaxed and fun times with your baby, opportunity to meet and mingle with other parents, in-depth understanding of the Baby Signs Program, easy ways to learn and practice signs, research-based knowledge about child development, and fun activities to stimulate development. Price includes materials.

Instructor(s): N. Laurice

Fee: \$140 Resident / \$174 Nonresident

#3815.111 **Veterans**
Sat 11:30 am – 12:15 pm
Jan 21 - Feb 25

Winter Classes

Performing Arts



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact: Physical activity reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.

All classes are 10 weeks unless specified otherwise. Classes are from January 17 - March 27, unless otherwise noted. Monday classes start on Monday, January 23.

Little Dunkers "Basketball"

Ages: 2 – 6

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor(s): Staff

Fee: \$20 Resident / \$25 Nonresident

Ages 2 – 3

January 17 – February 7

#0330.111 Veterans

Tues 4 – 4:45 pm

February 23 – March 17

#0330.112 Veterans

Thurs 4 – 4:45 pm

Ages 4 – 5

January 17 – February 7

#0335.111 Veterans

Tues 5 – 5:50 pm

February 23 – March 17

#0335.112 Veterans

Thurs 5 – 5:50 pm

Little Sticks "Hockey"

Ages 2 – 6

Learn the basics of passing, shooting, and puck handling. Emphasis is placed on coordination, participation, and fun!

Instructor(s): Staff

Fee: \$20 Resident / \$25 Nonresident

Ages 2 – 3

January 17 – February 7

#0330.413 Veterans

Thurs 4 – 4:45 pm

February 23 – March 17

#0330.414 Veterans

Tues 4 – 4:45 pm

Ages 4 – 5

January 17 – February 7

#0335.415 Veterans

Thurs 5 – 5:50 pm

February 23 – March 17

#0335.416 Veterans

Tues 5 – 5:50 pm

Performing Arts / Dance

Ballet ♥

Age: See below

"Swan Lake" was never this much fun. You'll improve your poise as you learn ballet steps, techniques and terminology. This course covers ballet combinations, rhythm, coordination and stretching.

Instructor: C. Perez

Fee: \$30 Resident / \$37 Nonresident

Level 1, 6 yrs. & over

#1230.142 Otay

Wed 5:30 – 6:15 pm

#1230.183 CV Youth Center

Thu 4:30 – 5:15 pm

Levels 1 & 2, 6 yrs. & over

#1235.102 Heritage

Fri 6:15 – 7 pm

#1235.124 Loma Verde

Fri 5 – 5:45 pm

#1220.161 Parkway

Mon 4:30 – 5:15 pm

Levels 3 & 4, 8 yrs. & over

#1240.161 Parkway

Mon 5:15 – 6 pm

#1230.101 Heritage

Thu 6 – 6:45 pm

Adult Tap Dance ♥

Age: 16 yrs. & over

Toe-tappin' fun, learning basic steps through intermediate routines. Great cardio exercise, great class! Tap shoes required at the second class meeting.

Instructor: C. Schroeder

Fee: \$25 Resident / \$30 Nonresident

#1260.162 Parkway

Mon 7 – 7:50 pm

Ballet & Tap ♥

Age: See below

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap. Teaching kids to dance at a young age helps them develop athletic prowess as well as self-confidence. Plus, they'll have a great time!

Instructor: C. Perez

Fee: \$36 Resident / \$44 Nonresident

Ages 5 – 9 yrs.

#1230.184

Sat

CV Youth Center

1 – 1:45 pm

#1230.161

Tue

Parkway

4:30 – 5:15 pm

Ages 5 – 12 yrs.

#1230.121

Mon

Loma Verde

4:15 – 5 pm

#1230.111

Fri

Veterans

6 – 6:50 pm

Ages 10 yrs. & over

#1235.186

Sat

CV Youth Center

1:45 – 2:30 pm

Tap Dance (Level 1) ♥

Age: 6 yrs. & over

Tap is a great way to learn coordination and develop a sense of rhythm. Emphasis is on basic steps, rhythm, easy routines and having fun.

Instructor: C. Martinez

\$45 Resident / \$55 Nonresident

#1205.101

Mon

Heritage (8 weeks)

4 – 4:50 pm

#1205.161

Wed

Parkway (8 weeks)

4:45 – 5:35 pm

Jazz / Hip Hop ♥

Age: 6 yrs. & over

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence.

New Instructor: C. Perez

Fee: \$55 Resident / \$63 Nonresident

Beginning

#1610.101

Wed

Heritage

4 – 4:45 pm

Winter Classes

Performing Arts



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact: Physical activity reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.

All classes are 10 weeks unless specified otherwise. Classes are from January 17 - March 27, unless otherwise noted. Monday classes start on Monday, January 23.

Hip Hop ♥

Age: See below

Want to learn basic hip hop, or improve your dance skills? You'll dance to great music, meet new people and have fun!

Instructor: C. Perez & Staff

Fee: \$30 Resident / \$37 Nonresident

Age: 6 - 13 yrs.

#1365.181 CV Youth Center
Tue 7 - 7:45 pm

#1365.162 Parkway
Thu 5 - 5:45 pm

Ages 6 yrs. & over

#1365.142 Otay
Mon 6:45 - 7:30 pm

#1365.122 Loma Verde
Sat 10 - 10:45 am

Ages 14 yrs. & over

#1365.182 CV Youth Center
Tue 8 - 8:45 pm

Hawaiian Dance

Age: See Below

Learn the Dances of Hawaii, New Zealand, and Tahiti. This class has an emphasis on show dancing. Students will learn the history and details of all three regional dances in each class, including Poi Balls from New Zealand and much more.

Instructor: Melinaka Tuminting

Fee: \$35 Resident/\$43 Nonresident

Ages 6 - 12

#1282.181 Youth Center
Tue 5 - 5:50 pm

Ages 13 - Adult

#1282.186 Youth Center
Tue 6 - 6:50 pm

Youth Belly Dancing ♥

Age: 6 - 12 yrs.

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel. Students will learn rhythm, coordination and stretching.

Instructor: L. Stacey

Fee: \$30 Resident / \$36 Nonresident

#1410.181 CV Youth Center
Mon 6 - 7 pm



Afro Cuban Rhythms

Age: 8 yrs. & over

What are congas, timbales and bongos? Find out when you learn how to play several Afro Cuban instruments. Instructor, Juan Sanchez, has trained with some of the best international musicians, including Emilio Camacho, Tom Float, Erick Mabre, and Mark Lambson.

Fee: \$45 Resident / \$55 Nonresident

Beginning

#1311.183 CV Youth Center
Wed 7 - 8 pm

Intermediate / Advanced

#1311.189 CV Youth Center
Wed 7 - 8 pm

Flamenco Dance ♥

Age: 6 & over

Flamenco is one of the most renowned and beautiful of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees.

Instructors: D. Wiesner

Fee: \$45 Resident / \$55 Nonresident

Beg. Level I

#1470.101 Heritage
Tue 6 - 6:50 pm

Move-in-Line Progressive Line Dancing ♥

formerly Jazzy Line Dancing

Age: 13 yrs. & up

Join an exercise class with exciting choreography to a variety of musical selections that will keep you asking for more. Bring your friends and neighbors to join in an activity that is fun and healthy for all ages.

Instructor: B. Ellis

Fee: \$25 Resident/ \$30 Nonresident

Beginning

#1510.111 Veterans
Thurs 7 - 9 pm

Intermediate

#1510.112 Veterans
Mon 7 - 9 pm

Youth to Adult Belly Dancing ♥

Age 6 - 21 yrs.

Instructor: C. Martinez

Fee: \$40 Resident / \$49 Nonresident

#1454.124 Loma Verde
Mon 6 - 6:50 pm

Belly Dancing ♥

Age: Adults

This ancient and beautiful art form has many movements that are thousands of years old. The class combines movements, veils and finger cymbals with dance.

Instructors: L. Stacey (YC), D. Wiesner (HC), C. Martinez (PW).

Fee: \$45 Resident / \$55 Nonresident
\$8 for single class at Parkway

#1540.181 CV Youth Center
Mon 6 - 7 pm

#1540.162 Parkway (8 weeks)
Wed 6:30 - 7:20 pm

#1540.163 Parkway (8 weeks)
Tue 7 - 7:50 pm

#1540.101 Heritage
Mon 6 - 6:50 pm



Ballet Folklórico—Xochitl ♥

Age: 6 yrs. & over

Instruction offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee.

Instructor: M. Sanchez

Fee: \$30 Resident / \$36 Nonresident

#1245.121 Loma Verde

Thu 5 - 5:45 pm

#1245.111 Veterans

Wed 5 - 5:45 pm

Dance Technique - Folklórico Mexicano ♥

Age: 11 - 20 yrs. (Girls only)

Structured for intermediate abilities. Class includes skirt movements and stage presentations.

Instructor: Y. Chacon-Beniquez

\$30 Resident / \$37 Nonresident

#1260.161 Parkway

Sat 3 - 3:50 pm

Latin Dance ♥

Age: 6 - 14 yrs.

Beginners will enjoy the basics of graceful and exciting Latin dance movements and techniques. Learn rhythm and listening skills.

Instructor: M. Sanchez

\$30 Resident / \$36 Nonresident

#1310.125 Loma Verde

Tue 6 - 6:50 pm

Creative Art of Acting

Age: 8 yrs. to adult

So, you want to be an actor? Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting including vocal techniques, character and scene analysis, improvisation and more.

Instructor: D. Smith

Fee: Resident \$42 / Nonresident \$52

#1530.162 Woman's Club

Sun 2 - 4 pm

#1530.144 Otay

Wed 6:15 - 8:05 pm

Traditional Dance - Folklórico Mexicano ♥

Age: See below

Learn traditional, regional Mexican dances and perform them on stage! Instruction emphasizes stage presence, self-confidence and projection.

Performances are given throughout the year. Costuming cost not included in fee.

Instruction approval required for Level 2, Intermediate and Advanced classes.

Instructor: Y. Chacón-Beniquez

Fee: \$30 Resident / \$37 Nonresident

Beginning

Age: 6 yrs. & over

#1245.163 (Level 1) Parkway

Sat 11 - 11:50 am

Beginning

Age: 18 yrs. & over

#1245.162 (Level 2) Parkway

Sat 10 - 10:50 am

Emerging Level

Age: 11 - 20 yrs.

#1250.161 Parkway

Sat 1 - 1:50 pm

Intermediate

Age: 7 yrs. & over

#1250.163 (Level 1) Parkway

Sat 2 - 2:50 pm

#1250.162 (Level 2) Parkway

Sat 12 - 12:50 pm

Advanced

Age: 8 yrs. & over

#1255.161 Parkway

Thu 6 - 6:50 pm

Keyboard

Age: 7 yrs. & over

Is your child the next Elton John?

Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students must provide their own keyboards with at least four octaves or 30 keys in length. Materials are included in the fee.

Instructor: N. Villanueva

Fee: \$62 Resident / \$77 Nonresident

#1580.101 Heritage

Wed 4 - 4:50 pm

Intro to Hula ♥

Age: 6 - 12 years

Imagine Don Ho singing "Tiny Bubbles" as you sway to the rhythm of Hawaii's gentle trade winds learning the basic movements of hula dance.

Instructor: Staff

Fee: Resident \$25 / \$30 Nonresident

#1280.101 Heritage

Wed 5 - 5:50 pm

Polynesian Dance ♥

Age: See below

Beginners will learn the basics of graceful and exciting Polynesian dance. New dances will be introduced to intermediate and advanced students, with emphasis on challenging routines and preparation for public appearances. Instructor's approval is required for all intermediate & advanced classes.

Instructor: G. Berthiaume

Fee: \$25 Resident / \$30 Nonresident

Level 1 Ages 5 & over

#1280.122 Loma Verde

Thu 5:45 - 6:35 pm

Level 1 Ages 12 - Adults

#1290.121 Loma Verde

Wed 7:30 - 8:20 pm

Level 2 Ages 5 & over

#1285.125 Loma Verde

Thu 6:45 - 7:30 pm

Level 3 Ages 5 & over

#1295.121 Loma Verde

Wed 5:30 - 6:20 pm

Level 4 Ages 9 & over

#1298.125 Loma Verde

Wed 6:30 - 7:20 pm

Winter Classes

Creative Classes



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.

Fact: Physical activity reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.

All classes are 10 weeks unless specified otherwise. Classes are from January 17 - March 27, unless otherwise noted. Monday classes start on Monday, January 23.

Little Voices

Age: 7 - 12 yrs.

Do you have a future "American Idol" in your house? This class teaches kids basic vocal techniques like breathing, phrasing, enunciation, etc. And singing helps develop confidence and teamwork. Materials are included in the fee.

Instructor: N. Villanueva

Fee: \$62 Resident / \$77 Nonresident

#1520.101 **Heritage**
Wed 5 - 5:50 pm

Guitar

Age: 8 yrs. & over

Whether you prefer rocker Eric Clapton or classical guitarist Andres Segovia, this class will teach you how to finger the guitar, read music, learn chords and rhythms. Students must provide their own guitar and Melbay's Modern Guitar Book Number One (required).

Instructor: W. Rivera

Fee: \$52 Resident / \$74 Nonresident

Beginning Guitar

#1560.181 **CV Youth Center**
Wed 5 - 5:50 pm

#1560.101 **Heritage**
Mon 5 - 5:50 pm

#1560.188 **CV Youth Center**
Mon 7:30 - 8:20 pm



Jazz/Modern

Ages 6 - over

Have fun learning a variety of different basic dance steps to music light or upbeat. Learn to choreograph your own dance and the terminology to different dance steps. Develop coordination, rhythm, and self-confidence. Turn any movement into a creative dance and let your imagination drive you!!

Instructor(s): L. Ramierz

Fee: \$35 Resident / \$44 Nonresident

#0461.121 **Loma Verde**
Mon 5 - 5:45 pm

#1900.111 **Veterans**
Tues 5 - 5:45 pm

Beginning Salsa/ Merengue

Ages 16 - Over

Learn to dance to popular Salsa and Merengue music. Everyone is welcome to join the fun.

Instructor(s): Staff

Fee: \$30 Resident / \$37 Nonresident

Beginning Salsa

#1480.121 **Loma Verde**
Tues 7 - 8 pm

Beginning Salsa/ Merengue

#1480.122 **Loma Verde**
Mon 7 - 8 pm

East Coast Swing

Ages 16+

Come learn the Jitterbug in this class that offers the basic foundation of swing. You will learn partner combinations and have fun at the same time

Instructor(s): S. Martin

Fee \$45 Resident / \$55 Nonresident

#1720.111 **Veterans**
Tues 7 - 8 pm

Hip Hop 101

Ages: 6+

Have fun learning different styles of hip hop. Improve your coordination, rhythm, self-esteem, and how to choreograph your own dance. Learn a variety of dance terminology and bring your own imagination of dance moves to share with the class. Christian, R & B, and rap music will be played.

Instructor(s): L. Ramirez

Fee: \$35 Resident / \$43 Nonresident

#1265.111 **Veterans**
Tues 6 - 6:50 pm

Kids Latin Dance

Ages 8+

Come learn the popular Latin dances: Salsa, Merengue, and the Cha-Cha that are heating up the country! Kids will learn basic patterns, combinations, rhythm, and coordination.

Instructor(s): S. Martin

Fee \$45 Resident / \$55 Nonresident

#1700.111 **Veterans**
Thurs 5 - 6 pm

Traditional Polynesian Dance

Ages: See below

Aloha! Come dance with new instructor Sandy Valenzuela and have fun while learning the basics of Hawaiian and Tahitian dance. The adult class will enjoy the cardiovascular benefits of "Hularobics"

Instructor(s): S. Valenzuela

Fee: \$23 Resident / \$27 Nonresident

Adult Class Drop In Fee \$3 per class

Ages: 5 - 12

#1100.111 **Veterans**
Wed 4:30 - 5:20 pm

Ages: 13+
#1100.112 **Veterans**
Wed 6:30 - 7:20 pm



Salsa and Merengue

Ages 16+

Learn basic Salsa and Merengue patterns and combinations. Improve your rhythm and coordination. Come learn these passionate dances and you will be ready to hit the dance clubs in no time.

Instructor(s): S. Martin

Fee \$45 Resident / \$55 Nonresident

#1730.111 Veterans

Thurs 6 – 7 pm

Ballroom Dances

Ages 16+

Want to dance just like the celebrities on "Dancing with the Stars"? Come out and learn various ballroom dances including the Rumba, Foxtrot, Tango, Waltz, Mambo, Swing, and Cha-Cha.

Instructor(s): S. Martin

Fee \$45 Resident / \$55 Nonresident

#1710.111 Veterans

Tues 8 – 9 pm

Chime Choir

Age: 10 yrs. & up

Learn the musical theory and ringing techniques required to play in a bell choir ensemble. A minimum of six participants required.

Instructor: E. Laboda

Fee: \$50 Resident / \$62 Nonresident

#3237.184 CV Youth Center

Thurs 5 – 6 pm



Creative Classes

Little Chefs

Ages: 6-12 yrs.

Kids will learn kitchen safety, basic nutrition, and how to make easy recipes they can make themselves. (With a little help from Mom or Dad.)

Instructor: Staff

Fee: \$20 Resident / \$25 Nonresident

#3112.121 Loma Verde
Wed 3:30 - 4:30 pm

Make, Bake, and Take

Age: 5 - 12 yrs.

During this 6-week course, students will learn the basic fundamentals of nutrition, table manners, and cooking skills. Students will prepare a variety of recipes throughout the course and come away with a recipe book of items they helped make. Class is 6-weeks only.

Instructor: D. Hlava

Fee: \$30 Resident / \$37 Nonresident

A supply fee of \$10 is due to the instructor the first day of class.

#3310.141 Otay
Fri 2:15 - 3:30 pm

#3310.142 Otay
Fri 3:45 - 5 pm

#3310.111 Veterans
Thurs 3 – 4:15 pm

#3310.112 Veterans
Thurs 4:30 – 5:45 pm

#3310.113 Veterans
Thurs 6 – 7:15 pm

Photography in Focus

Ages: 13+

This class is for beginners and intermediates that want to take better photographs using film or digital SLR cameras. The class will begin with a review of the fundamental principles of photography. Students will also learn the unique properties of film verses digital, and how these properties affect pictures. The controls on the latest film and digital cameras will be demystified. Via photo assignments, students will learn how to apply what they learn to portraits, parties, weddings, sports, products, and nature photography.

Instructor(s): R. Bacon

Fee: \$65 Resident / \$80 Nonresident

#3600.111 Veterans
Sat 10:30 am - 12 pm

Kids In The Kitchen

Age: 6 - 12 yrs.

Youngsters learn their way around the kitchen as well as the basics of nutrition. Create and eat yummy concoctions.

Instructor: Staff

Fee: \$35 Resident / \$43 Nonresident

#3111.162 Parkway
Thu 3:30 - 4:30 pm

Drama Kids International

Ages: See below

Whether destined for the stage or the boardroom, Drama Kids prepares children and young adults to speak up clearly with confidence putting them on an easier path for lifelong success. There will be a variety of drama and speech activities for greater excitement, fun, and full student participation. The children will present a performance for family and friends at the end of the class term. Call (858) 274-5772 for more information.

Instructor(s): D. Mills

Fee: \$130 Resident / \$162 Nonresident

K - 2nd grades

#1120.111 Veterans
Sat 9 – 10 am

3rd – 6th grades

#1120.112 Veterans
Sat 10 – 11 am

Creative Collages

Ages 5 - 8 yrs.

Have you always wanted to make super cool collages? Then Creative Collages is the class for you! Students will make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more. Each week we will focus on a specific theme and a specific material to make our collages.

Instructor(s): Staff

Fee: \$30 Resident / \$36 Nonresident

#3010.111 Veterans
Tue 4 – 5 pm

Winter Classes

Creative Classes



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact: More than 60 percent of U.S. women do not engage in the recommended amount of physical activity.

All classes are 10 weeks unless specified otherwise. Classes are from January 17 - March 27, unless otherwise noted. Monday classes start on Monday, January 23.

Candy Making Class

Age: 10 yrs. & up

Come join us for a one-day chocolate candy-making class. Everyone will take home his or her unique and yummy creations to savor at home. But best of all, you'll come away with the knowledge to make them again, anytime for any occasion.

Instructor: Claudia Perez

Fee: \$35 Resident / \$44 Nonresident

#3314.101 Heritage
Mar 4 10 am – 1 pm

Animal Art

Ages: 6-13 yrs.

Lions, tigers, and bears, oh my! Create a marvelous menagerie of colorful creatures using a potpourri of mixed media. Try collage, mosaics, pen and ink, and more. Learn to paint without a brush! If you love animals, make this your "pet" project. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson

Fee: \$42 Resident / \$53 Nonresident

#3162.162 Loma Verde
Thurs 4 – 4:50 pm

#3162.111 Veterans
Mon 4 – 4:50 pm

Drawing Dynamos

Ages 6-13 yrs.

Tried of the same old lines? Turn your doodles and squiggles into amazing art. Refine your drawing skills and explore line and color using a variety of drawing materials and techniques. Create original works of art you'll be "drawn" to. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson

Fee: \$42 Resident / \$53 Nonresident

#3164.121 Loma Verde
Thurs 5 – 5:50 pm

#3164.111 Veterans
Mon 5 – 5:50 pm

Cartooning

Ages: 8-13 yrs.

Get the inside story on the art of cartooning. Practice drawing people and animals from head to toe (or paw). Experiment with humor and action. Sharpen your storytelling skills while creating original comic strips starring your own characters. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson

Fee: \$42 Resident / \$53 Nonresident

#3166.121 Loma Verde
Thurs 6 – 6:50 pm

#3166.111 Veterans
Mon 6 – 6:50 pm

Art-Tastic

Age: 6 – 12 yrs.

Students will learn drawing, painting and sculpture in this Art-Tastic class. The Instructor is an accomplished artist and teacher from Japan. Students must provide their own art supplies. Please call (619) 691 – 5276 for a complete art supply list or visit the Youth Center.

Instructor: M. Nakagawa

Fee: \$45 Res/\$55 Non

#3113.182 CV Youth Center
Wed 6 – 6:50 pm

Scrapbooking

Age: 16 yrs & older

Learn scrapbooking for real people. Use all the scrapbooking tools while getting personal instruction. At the end of the three sessions, you will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos. All supplies can be purchased through instructor.

Instructor: K. Ralston

Fee: \$40 Resident / \$49 Nonresident

#3180.101 Heritage
Jan 28 12-3 pm

Feb 18 12-3 pm

Mar 18 12-3 pm

Drawing Plus!

Age: 6 - 10 yrs.

This course starts with several weeks of basic drawing - people, animals, places and plants using crayons, oil pastels, markers and pencils, etc. We'll then add in painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable to protect clothing. \$7 Material fee to be paid to the instructor.

Instructor: T. Mill

9-week class.

Fee: \$42 Resident / \$52 Nonresident

#3110.161 Parkway
Wed 3:30 - 4:20 pm

Drawing For Kids

Age: 6 - 10 yrs.

Kids will develop a sense of observation in this beginning drawing class. Instruction involves several types of media (pencil, chalk, marker, etc.) and encourages creativity and individuality.

Instructor: C. Olimon

Fee: \$45 Resident / \$56 Nonresident

#3160.101 Heritage
Tue 5 - 5:50 pm

#3160.102 Heritage
Tue 6 - 6:50 pm

Nature Print Making

Age: 7-12 yrs.

This class is designed to introduce students to the magic of printmaking using natural materials such as, leaves, wood and more! Students will also learn design elements, color use, collage and some painting and drawing. Then they will learn to combine these techniques to create original art, ready to be framed! A "paint shirt" is recommended. A \$25 materials fee is to be paid to the instructor the first day of class.

Instructor: L. Richez-Bowman

Fee: \$45 Resident / \$55 Nonresident

#3130.101 Heritage
Mon 4 – 5 pm

RECREATION DEPARTMENT

The Heart of the Neighborhood

RECREATION

www.chulavistaca.gov/rec



Mixed Media Painting

Age: 9 – 15 yrs.

"Individualized creativity." Each student is encouraged to express themselves in their own unique way. The professional artist/instructor will introduce the students to their own unique style and technique. Your child will also learn about abstract art, color, color mixing, and design elements. The final project combines all of these and is completed on canvas, ready for hanging. A paint shirt is a must.

Instructor: L Richez-Bowman

Fee: \$70 Resident / \$86 Nonresident

Materials fees \$35 (Beginning) / \$45 (Advanced) to be paid to the instructor on the first day of class.

Beginning

#3135.101 Heritage
Mon 5 – 6 pm

Advanced

#3135.102 Heritage
Fri 4 – 5 pm

Fine Arts Acrylic Painting

Age: See Below

Let your child amaze you. With the direction and motivation of professional artist/art teacher, your child will create beautiful, ready to hang masterpieces. Teacher inspires students to bring out their hidden talent while creating confidence, drive and the great feeling of accomplishment. Let your child discover what art can bring into his/her life. \$35 materials fee to be paid to instructor on the first day of class. Includes all materials and one frame.

Instructor: L. Villasenor

Fee: \$75 Resident / \$90 Nonresident

Age 9 - 11

#3155.101 Heritage
Sat 9 - 10 am
#3155.111 Veterans
Tues 5 – 6 pm

Age 11 - 13

#3155.102 Heritage
Sat 10:30 – 11:30 am
#3155.112 Veterans
Tues 6:15 – 7:15 pm

Intro to Clay

Age: See below

Learn the basic techniques in clay using a variety of methods. Projects include hand building and throwing (adult class only). Creativity and learning is always encouraged in a safe and friendly environment. In the child/adult class, adults have the option of taking the class with their child. Child and adult must both register for class. A materials fee of \$5 (children) and \$15 (adults) will be paid to the instructor on the first day of class.

Instructor: A. Bernard-Bryant

Fee: \$55 Resident / \$69 Nonresident

Children 7 - 10 yrs.

#3230.101 Heritage
Thu 5:30 – 6:30 pm

Child/Adult 7 yrs. - Adult
#3230.102 Heritage
Thu 6:45 – 7:45 pm

Creative Clay

Age: 6 yrs. and over

New non-fire clay in every color. Take home what you make the same day. Working with clay is a great way to encourage creativity. Supplies included in price of this class.

Instructor: A. Melzer

Fee: \$36 Resident / \$43 Nonresident

#3180.121 Loma Verde
Mon 6 - 8 pm

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Students supply all other materials.

Instructor: N. Wallis

Fee: \$34 Resident / \$43 Nonresident

Ages 11 & over

#3200.121 Loma Verde
Thurs 9 am - 12 pm
#3200.123 Loma Verde
Wed 5:30 - 8:20 pm
#3200.122 Loma Verde
Wed 9 am - 12 pm

Ages 7 yrs & over

#3200.124 Loma Verde
Sat 9 - 11 am

Clay Plus!

Age: 6 – 10 yrs.

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." \$7 Material fee to be paid to the instructor. 9 week class only. Instructor: T. Mill

Fee: \$45 Resident / \$55 Nonresident

#3120.161 Parkway
Wed 4:30 – 5:20 pm

Wood Design Painting

Ages: 6 & Up

Let your imagination run wild while creating and painting art on pieces of wood. Come for fun and dress for mess!

Instructor(s): E. Cuadra

Fee: \$35 Resident / \$43 Nonresident

#3520.161 Parkway
Tues 4 - 4:50 pm

Totally Art!

Age: 6 - 10 yrs.

Totally fun! Using many types of media, you'll create art projects like banners and books, cards and creatures, constructions, collage, montage and masks in this course of exploration. Dress for mess!

Instructor: Staff

Fee: \$25 Resident / \$30 Nonresident (Fee includes supplies)

#3150.101 Heritage
Tue 4 - 4:50 pm

#3150.111 Veterans
Wed 6 – 6:50 pm

Beginning Jewelry Making and Beadwork

Age: Adults

In this introductory course you will learn the basics of beading and making your own jewelry. Make gifts for yourself, family and friends. An additional cost of \$25 will be paid to the instructor for a starter kit, which includes necessary tools and supplies. You must provide any additional supplies. Make some great holiday gifts. Instructor: Maria Quintero

8 week class, begins the week of Feb. 6.

Fee: Resident \$30/Nonresident \$37

#3100.162 Parkway
Mon 5:30 – 6:30 pm

#3100.161 Parkway
Fri 5:30 - 6:30 pm

Winter Classes

Creative Classes



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Fact: More than 60 percent of U.S. women do not engage in the recommended amount of physical activity.

All classes are 10 weeks unless specified otherwise. Classes are from January 17 - March 27, unless otherwise noted. Monday classes start on Monday, January 23.

SAT Preparation

Age: 15 - 18yrs

This course is designed to effectively prepare students for the new SAT. Upon completion of the course, students will have received a thorough training in the skills and strategies required for success on the exam. Course includes reviewing the academic knowledge upon which the exam is based, and learning how the exam fits into the "big picture" of college admissions. A \$25 materials fee to be paid to the instructor the first day of class.

- Three practice exams and reviews
- Essay Writing
- Grammar Review
- Sentence Completion
- Finding Sentence Errors
- Revising Sentences and Paragraphs
- Critical Reading and Comprehension
- Math Review
- Math Strategies
- Test Taking Skills

Instructor: I Hayden

Fee: \$235 Resident / \$288 Nonresident

#4420.101 Heritage
Feb 25, Mar 4, 11, 18, 25 2 - 5 pm

#4420.102 Heritage
Apr 29, May 6, 13, 20, 27 2 - 5 pm

Working with Phyllo Dough

Participants will learn how to use phyllo dough and its applications. Demonstrations and hands on work in making different recipes. Everyone should bring a container to bring home filled with yummy treats that they prepare. Recipes will be handed-out at the end of class for you to make at home. Supply fee of \$10 is due at the beginning of the workshop. Demo, hands-on training, and you get to take home what you make.

Instructor: D. Hlava

Fee \$30 Resident/\$37 Nonresident

#3350.111 Veterans
Mon, Jan 30 6:30 - 9 pm

#3350.112 Veterans
Mon, Feb 13 6:30 - 9 pm

Babysitter's Training Certification

Age: 11yrs. & up

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety and first aid.

Info: (619) 691-5276.

Instructor: K. Fajardo

Fee: \$45 Residents / \$55 Non-Residents

#3116.185 CV Youth Center
Mon & Tues December 19 & 20

9 am - 12:30 pm (Class meets both days)

#3116.181 CV Youth Center
Sat February 4 & 11

9 am - 12:30 pm (Class meets both days)

#3116.183 CV Youth Center
Sat March 11 & 18

9 am - 12:30 pm (Class meets both days)

Print Making Adventures

Age: 6 - 11 yrs.

We will explore making prints with all kinds of materials and methods; from rubbings from found objects to nature compositions using vegetables, fruits and leaves, to prints from etched Styrofoam and collage type prints (collographs) using a card board, and one-of-a-kind monoprints from tiles. Come on a fun filled printmaking treasure hunt and make your own treasures! Bring a piece of clothing and we'll print on it at the end of the 9-week session. Please bring an art shirt or apron. \$7 Material fee to be paid to the instructor

Instructor: T. Mill

Fee: \$43 Resident / \$54 Nonresident

#3130.161 Parkway

Etiquette & Social Skills for Children

Age: 6 - 12

Etiquette is more than saying "please" and "thank you." It's an essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. During this course the instructor will clearly explain the reasons and principles behind the practices of good manners. Children will have fun while they learn. This very special 6-hour course includes:

- The Foundation: Importance of manners
- First Impressions
- Communicate with Confidence: Speaking and listening skills
- Table Setting
- Table Manners
- Body Language and Poise
- How to Behave at a Restaurant - With Family and Friends
- Phone Manners
- Thank You Cards

Instructor: Maggie O'Farrill

Fee: \$75 Resident / \$94 Nonresident (Fee includes food.)

#4415.101 Heritage
Feb 4 & 11 12 - 3 pm

#4415.102 Heritage
Mar 4 & 11 12 - 3 pm

Rubberstamping

Ages: 10 & up

Join us for a one-day class on the fun art of rubberstamping. Receive personalized instruction on the creation of cards, scrapbooking and gift items for all occasions through the use of rubber stamps. Additional supplies can be purchased through instructor.

Instructor: M. Pangilinan

#3125.111 Veterans
Jan. 17 6:30 - 9:30 pm

#3125.112 Veterans
Jan. 31 6:30 - 9:30 pm

#3125.113 Veterans
Feb. 14 6:30 - 9:30 pm

#3125.114 Veterans
Feb. 28 6:30 - 9:30 pm

#3125.115 Veterans
Mar. 14 6:30 - 9:30 pm



Be a Better Cook

Be a Better Cook - Culinary Instruction

Age: 16 - Adult

This series of 4 classes offers the home cook an overview of essential culinary concepts and techniques, combined with demonstrations, food tasting, and numerous practical tips. Classes can be taken individually or as a series.

Instructor: T. Nguyen

Fee: \$15 Resident/ \$18 Nonresident

4 Class Series - One of each class

Fee: \$45 Resident/ \$55 Nonresident (Series)

#3115.119 Veterans

Kitchen Science & Food Safety

Have you ever cooked something that had a metallic taste to it?

Or had hard-boiled eggs with an unattractive green ring around the yolk? Or produced a cheesecake with cracks to rival the Grand Canyon? To avoid these and other common cooking mishaps, come discover how a little knowledge about cooking science can go a long way towards making your meals look and taste better. Also learn fundamentals about food safety so you can avoid food-borne illness.

#3115.113 Veterans

Jan 19

Thurs

7 - 8:30 pm

#3115.114 Veterans

Jan 21

Sat

12:30 - 2 pm

Knife Skills

Learn about 3 essential knives in your kitchen and how to use and care for them. Learn basic vegetable cuts and which cuts are appropriate for which cooking methods. Instructor will demonstrate a variety of vegetable cuts and how to cut up a chicken.

#3115.111 Veterans

Feb 9

Thurs

7 - 8:30 pm

#3115.112 Veterans

Feb 11

Sat

12:30 - 2 pm

Adding Flavor with Herbs, Spices & Seasonings

Learn about basic herbs, spices and seasonings to have on hand to create simple, versatile meals brimming with flavor.

#3115.115 Veterans

Jan 26

Thurs

7 - 8:30 pm

#3115.116 Veterans

Jan 28

Sat

12:30 - 2 pm

Cook more in less time: Organizing Tips for Time Starved Cooks

Discover how professional chefs employ the concept of "Mise en Place" to maximize cooking efficiency. Learn how a well-stocked pantry can minimize the need for take-out meals. And make your kitchen experience more enjoyable by knowing the use and function of essential cookware and equipment.

#3115.117 Veterans

Feb 2

Thurs

7 - 8:30 pm

#3115.118 Veterans

Feb 4

Sat

12:30 - 2 pm

Fitness

Kickboxing/Step Aerobics ♥

Age: Adults

Tone, firm and shape the upper and lower body with exercise bands and hand weights. Improve circulation and breathing, strengthen bones and muscles, decrease stress and anxiety, and gain better control of body weight and diet. Lower both blood pressure and cholesterol. Meet new friends and most importantly, have fun!

Instructor: M. Bustillos

Fee: \$5 per day or \$20 per month

Mon & Thurs, 6 - 7 pm, Tue 7 - 8 pm

#4032.421 Dec. Loma Verde

#4032.121 Jan. Loma Verde

#4032.122 Feb. Loma Verde

Aerobic Plus ♥

Get fit with this total program! Four different classes designed to see results. Learn the latest targeted moves to shape abs, glutes, thighs, and arms. You can enroll your children in the Tiny Tots class and get a workout while the kids are in class, or keep them with you. The class entails cardio aerobics, kickboxing, cardio step, strengthening, light weights, stretches, and Pilates.

Fee: \$25 per month or \$5 per day.

Instructor: M. Bustillos

Mon/Wed/Fri 9 - 10 am

#0033.412 Nov. Loma Verde

#0033.413 Dec. Loma Verde

#4033.121 Jan. Loma Verde

#4033.122 Feb. Loma Verde

Aerobic Combo ♥

Age: Adults

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout. Learn how to properly use equipment while performing each exercise in order to achieve individualized training and motivation.

Instructor: P. Payne

Resident fee: \$55 for 10 weeks or \$5 daily

Nonresident fee: \$62 for 10 weeks or

\$7 daily

#4100.101 Heritage

Mon/Wed 7 - 7:45 pm

#4100.102 Heritage

Tue/Thu 9 - 9:45 am

Winter Classes

Fitness



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact: Physical activity may enhance the effect of estrogen replacement therapy in decreasing bone loss after menopause.

Parkway Strength Training/ Step Aerobics ♥

Age: Adults

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques. Step aerobics are added for a low impact cardiovascular workout. You will also get the attention and expertise of a personal trainer.

Instructor: N. Kelsey

Fee: Resident, \$25/Month or \$5/Day
Nonresident, \$30/Month or \$7/Day

Mon & Thurs 5:30 - 6:30 pm

Monthly Registration:

#4320.161	Jan	Parkway
#4320.162	Feb	Parkway
#4320.163	Mar	Parkway

Cardio Ab Workout ♥

Age: Adults

This low impact cardiovascular workout combines traditional martial art movements with full body stretching. Emphasis on upper and lower abdominals. Participants need to bring a towel or mat.

Instructor: J. Hickman

Fee: \$41 Resident / \$50 Nonresident

#4260.163 **Woman's Club**

Tue 6 - 6:50 pm

Basketball 101 ♥

Ages 8-10

These introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while having fun. This class will give the participants a good jump towards advancement to organized team basketball.

Instructor: Staff

Fee: \$36 Resident / \$44 Non Resident

#4318.161	Parkway
Thursday	4 - 5 pm

Adult Boot Camp ♥

A little less intimidating, but equally as challenging as The Real Thing. Meant more for fun and fitness than bullying and belittling. Cardio activities include jumping rope, stepping, hill climbing, and working on exercise stations at the Chula Vista Bayside Park. Pushups, walking lunges and polymeric exercises (ones where you move your entire body at once, like long jumps) complete the formation. Each participant will receive an individualized personal fitness plan. Get in shape after the New Year by a professional personal trainer!

Instructor: Norm Laird, Certified ACE
Trainer

Fee: \$192 Resident / \$239 Nonresident

Session 1

#4145.181 **Friendship Park**

Friendship Park is next to the Civic Center Library

January 4 - February 23 (8 weeks total)

Mon, Wed, & Thu 5:30 - 6:30 pm

Session 2

#4145.183 **Friendship Park**

Friendship Park is next to the Civic Center Library

February 27 - April 20 (8 weeks total)

Mon, Wed, & Thu 5:30 - 6:30 pm

Table Tennis/Ping Pong Camp

Age: 8 - 14 years

This camp is intended for all levels of table tennis/ping pong players.

Participants will also meet nationally ranked table tennis players.

Fee: \$64 Resident / \$79 Nonresident

Instructor: National Table Tennis Coach
Barney Reed

December 19 - 23

#4149.187 **Youth Center**

Mon - Fri 9 am - 12 pm

Archery

Age: See Below

Take aim and learn the family-friendly sport of archery. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided. Eight-week course January 21 - March 11. Paseo Del Rey Park, 750 Paseo Del Rey.

Instructor: T. Robey

Fee: \$40 Resident / \$49 Nonresident

Beginning

#4230.181

Sat

Intermediate

#4235.181*

Sat

Advanced

#4240.182*

Sat

*Prerequisite: Successful completion of beginning course and approval of instructor.

Table Tennis/Ping Pong ♥

Age: 8 - 14 yrs.

Table tennis, commonly known as ping-pong, has developed into a world-class sport and is a fun way to develop hand-eye coordination. This particular course is for recreation level beginners and will focus on grip, strokes, footwork and skill development. 5-week sessions.

Instructor: Barney Reed, National Table Tennis Coach

Fee: \$25 Resident / \$30 Nonresident

Session 1

#4147.186

Tue

Session 2

#4147.188

Tue

8 - 17 yrs.

Paseo Del Rey Park

9 - 9:50 am

8 - 17 yrs.

Paseo Del Rey Park

10 - 10:50 am

13 yrs. - Adult

Paseo Del Rey Park

11 - 11:50 am

*Prerequisite: Successful completion of beginning course and approval of instructor.

Table Tennis/Ping Pong ♥

Age: 8 - 14 yrs.

Table tennis, commonly known as ping-pong, has developed into a world-class sport and is a fun way to develop hand-eye coordination. This particular course is for recreation level beginners and will focus on grip, strokes, footwork and skill development. 5-week sessions.

Instructor: Barney Reed, National Table Tennis Coach

Fee: \$25 Resident / \$30 Nonresident

Jan 17 - Feb. 14

CV Youth Center

3:30 - 4:30 pm

Feb 21 - Mar 21

CV Youth Center

3:30 - 4:30 pm



Private & Semi Private Tennis Lessons ♥

Age: 5 yrs. & up

The Recreation Department is now offering private and semi-private tennis lessons at all City of Chula Vista tennis courts. To schedule a lesson with a tennis professional, please call (619) 691-5140. Fee: \$50 an hour

After School Tennis Lessons

Grades 1 - 6

These classes are offered after school time and they are meant for the beginner tennis player. Sessions are five weeks and a tennis racquet is required to participate. A maximum of 10 participants are allowed in the program. Call (619) 691-5140 for more information. All classes meet for four weeks one day a week and have the same fee.

Tennis Pro: Randy Thomas

Fee: \$30 Res/\$37 Non

Grades 1 - 3

Session 1A Terra Nova Park
#5578.181 Jan 23 - Feb 13

Mon 3:30 - 4:20 pm

Session 1B MacKenzie Creek Park
#5578.182 Jan 25 - Feb 15

Wed 3:30 - 4:20 pm

Session 1C Terra Nova Park
#5578.183 Feb 27 - Mar 20

Mon 3:30 - 4:20 pm

Session 1D MacKenzie Creek Park
#5578.184 Mar 1 - Mar 22

Wed 3:30 - 4:20 pm

Grades 4 - 6

Session 2A Terra Nova Park
#5578.185 Jan 24 - Feb 14

Tue 3:30 - 4:20 pm

Session 2B MacKenzie Creek Park
#5578.186 Jan 26 - Feb 16

Thur 3:30 - 4:20 pm

Session 2C Terra Nova Park
#5578.187 Feb 28 - Mar 21

Tue 3:30 - 4:20 pm

Session 2D MacKenzie Creek Park
#5578.188 Mar 2 - Mar 23

Thur 3:30 - 4:20 pm

Group Tennis Lesson

Grades 1 - 6

Maximum of four students per group. Students must bring their own tennis racquet. These lessons are meant for the beginner and intermediate levels. Call (619) 691-5140 for more information. Each session is for four weeks.

Tennis Pro: Randy Thomas

Fee: \$60 Resident / \$74 Nonresident

Grades 1 - 3

Session 3A Terra Nova Park*
#5563.181 Jan 23 - Feb 13

Mon 4:30 - 5:20 pm

Session 3B Terra Nova Park
#5563.183 Feb 27 - Mar 20

Mon 4:30 - 5:20 pm

Grades 4 - 6

Session 4A MacKenzie Creek Park
#5563.182 Jan 25 - Feb 15

Wed 4:30 - 5:20 pm

Session 4B MacKenzie Creek Park
#5563.184 Mar 1 - Mar 22

Wed 4:30 - 5:20 pm

Recreation Tennis League

Age: 7 - 13 yrs.

This recreational tennis league is for students who are at the intermediate and advanced level. Students are required to bring their own racquet. The league is one day a week. Participants may choose to register for two days a week for both classes. For more information please call (619) 691-5140.

Tennis Pro: Randy Thomas

Fee: \$40 Resident / \$49 Nonresident

Session 5A Terra Nova Park
#5560.181 Jan 24 - Feb 14

Tue 4:30 - 5:20 pm

Session 5B MacKenzie Creek Park
#5560.182 Jan 26 - Feb 16

Thur 4:30 - 5:20 pm

Session 5C Terra Nova Park
#5560.183 Feb 28 - Mar 21

Tue 4:30 - 5:20 pm

Session 5D MacKenzie Creek Park
#5560.184 Mar 2 - Mar 23

Thur 4:30 - 5:20 pm



Adult Tennis Lessons ♥

Age: 18 and over

Tennis Pro: Juan Villanueva

Fee: \$95 Resident / 118 Nonresident

Info: (619) 691-5140

Feb 1 - Mar 22

#5565.184 MacKenzie Creek Park
Wed 7 - 8 pm

Mountain Biking ♥

Age: 10 yrs. & older

Feel the need for speed? Get down and dirty with US Cycling Federation Expert, Coach Norm Laird as he teaches this fun-filled course. Students are required to own a functional mountain/BMX bicycle, approved helmet and appropriate clothing (non-baggy clothing/breathable fabric). Students meet at the Discovery Park parking lot and learn new biking skills and techniques in Rice Canyon just across the street. Each session lasts four weeks. Info: (619) 691-5140.

Fee: \$40 Resident / \$49 Nonresident

Session 1 Jan 21 - Feb 11

#4872.184 Discovery Park
Sat 9 - 10:30 am

Session 2 Feb 25 - Mar 18

#4872.186 Discovery Park
Sat 9 - 10:30 am

Winter Classes

Fitness



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact:

1.5 million people suffer from a heart attack in a given year.

Qigong and Tai Chi Exercises ♥

Age: Adults

Calm your mind, lift your spirits and strengthen your body through the basics of Chinese internal and martial arts. You'll learn standing, walking and floor routines. Movements, positions and stretches are practiced according to traditional principles for balance, coordination, muscle tone, bone maintenance, breathing, joint flexibility, and healthy organ function. Results: life-long stress relief, better health and a stronger immune system.

Instructor: L. Lowe

Monthly Fee: \$45 Residents / \$55 Nonresidents

Drop-in class fee: \$6/res or \$8/non-res.

Class meets Tue and Thur (both days) 6 - 7 pm

#4640.143	Jan	Otay
#4640.141	Feb	Otay
#4640.142	Mar	Otay



Running & Walking for Beginners

Age: 16 yrs & up

Are you ready to get in great shape, have fun and meet new people just like yourself? Let West Coast Road Runners help you get there, even if you are sitting on the chaise lounge right now reading this information with a bag of potato chips in hand, YOU CAN DO IT! Our program is designed for all pace groups; the veteran walker, the beginning jogger or the person who just wants to get into better shape; running or walking. Whether your goal is to run or walk a 5K or 10K, or simply to take control of your life with fitness, our talented coaches are here to help you achieve your goals. Each session last 6 weeks. For more information please call (619) 691 - 5140.

Fee: \$40 Resident / \$49 Nonresident

Session 1	Rohr Park
#4463.185	Jan 7 - Feb 18
Saturday	8 - 9:30 am
Session 2	Rohr Park
#4463.187	Feb 25 - April 8
Saturday	8 - 9:30 am

Parkway Morning Aerobics Combo ♥

Age: Adults

Want a great workout? Then join the cardio kickboxing/high-low impact aerobics classes. All levels are welcome. Burn fat, get fit and feel great. And parents, you can enroll your kids in the tiny tots classes and get a workout at the same time.

Instructor: Linda Landry

Fee: Resident, \$25/Month or \$5/Day Nonresident, \$30/Month or \$7/Day

Mon/Wed/Fri 9 - 10:30 am

Monthly Registration:

#4319.161	Jan	Parkway
#4319.162	Feb	Parkway
#4319.163	Mar	Parkway

Recreational Karate ♥

Age: See Below

Expose yourself to the sport of karate through recreational classes taught by instructors from local martial arts studios. Formal belt testing is conducted by individual studios under guidelines set up by the karate federation affiliated with that particular studio. The Recreation Department does not endorse outside studios and does not handle arrangements for lessons with individual studios. Any additional fees associated with this program (uniform, federation fees, testing) are administered through the class instructor. Instructor's approval is required for all intermediate and advanced classes.

Chula Vista Karate Club

Instructor: J. Hickman

Fee: \$30 Resident / \$37 Nonresident

Beginning 5 - 11 yrs.

#4310.161	CV Women's Club
Tue	4 - 4:50 pm

Intermediate 5 yrs. & over

#4315.161	CV Women's Club
Tue	5 - 5:50 pm

Shito-Ryu Karate 5 yrs. & Over ♥

Instructor: J. Martinez

Fee: \$55 Resident / \$69 Nonresident

#4330.101	Heritage
Tue/Thu	4 - 4:50 pm

Karate-Do

Instructor: S. Ingalls

Fee: \$31 Resident / \$39 Nonresident

Beginning 5 - 11 yrs.

#4320.181	CV Youth Center
Thu	5:30 - 6:20 pm

#4320.122	Loma Verde
Tue	5 - 5:50 pm

Beginning/Intermediate 12 yrs. & over

#4325.183	CV Youth Center
Thu	6:30 - 7:20 pm

#4325.124	Loma Verde
Tue	6 - 6:50 pm

RECREATION DEPARTMENT

The Heart of the Neighborhood

RECREATION

www.chulavistaca.gov/rec



Taekwondo ♥

Age: 7 yrs. - Adults

Instructor: S. Juare

CV Youth Center

Resident: \$30/Month, Nonresident: \$36/Month

Mon & Wed 4:30 - 6 pm
#4381.484 Dec. (reduced fee)
#4381.180 Jan
#4381.182 Feb
#4381.184 Mar

10-week Session

Instructor: P. Payne

#4830.101 Heritage
 Fee: \$40 Resident / \$49 Nonresident
 Wed 6 - 6:50 pm

Tang Soo Doo - Karate

Ages: 6+

Instructor: G. Amen

Fee: \$45 Resident / \$55 Nonresident

#4350.111 Veterans
 Mon / Thurs 5 - 6 pm
 Sat 9:30 - 10:30 am

Judo ♥

Age: 5 yrs. - Adults

The ancient martial art of judo provides personal development through precise physical movements and a disciplined attitude. Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program include uniform and federation fees.

Instructors: M. Ozaki & Staff

Fee: \$25 Resident / \$30 Nonresident

Beginning

#4360.181 CV Youth Center
 Tue 7 - 7:50 pm
#4360.182 CV Youth Center
 Thu 7 - 7:50 pm

Advanced

#4365.181 CV Youth Center
 Tue 8 - 8:50 pm
#4365.182 CV Youth Center
 Thu 8 - 8:50 pm

Realistic Self-Defense Training ♥

Age: 13 & older

Don't be a victim! Learn self-defense, hand-to-hand combat, defense against multiple attackers, and awareness training. This class is designed to help avoid a bad situation and build self-confidence in a combination of exercise and fun.

Instructor: Master G. Amen/E. Sanz
 Fee: \$37 Resident / \$45 Nonresident

Beginning

#4340.101 Heritage
 Mon 6 - 6:45 pm
#4340.121 Loma Verde
 Wed 6 - 7 pm

Intermediate

#4340.102 Heritage
 Mon 6:45 - 7:30 pm

Cardio Kickboxing ♥

Age: Adults

Kick it into high gear. You'll get into shape using non-contact skills and drills. You'll learn body position, footwork, punching techniques and basic kick boxing fundamentals. And you'll work on conditioning plus building cardio-vascular and muscle strength.

Instructor: G. Amen/E. Sanz

Monthly Fee: \$22 Resident / \$27

Nonresident

#4680.143	January	Otay
Tues	6 - 7 pm	
#4680.141	February	Otay
Tues	6 - 7 pm	
#4680.142	March	Otay
Tues	6 - 7 pm	
#4680.111	January	Veterans
Thurs	6 - 7 pm	
Sat	8:30 - 9:30 am	
#4680.112	February	Veterans
Thurs	6 - 7 pm	
Sat	8:30 - 9:30 am	
#4680.113	March	Veterans
Thurs	6 - 7 pm	
Sat	8:30 - 9:30 am	

Gymnastics

At this time we are taking a continuous recruitment for gymnastics instructors. If you would like to apply for this position, please call Parkway Community Center at 691-5085 or Loma Verde Center at 691-5082.

OTAY FITNESS CENTER ♥

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Registration for the classes below will only be accepted at the Otay Recreation Center.

Quarterly Memberships:

1. Jan 1 - Mar. 31 2. April 1 - June 30
 3. July 1 - Sept. 30 4. Oct 1 - Dec. 31
 Adult Fitness Membership 15 yrs. & over
 Unlimited use of the Fitness Center during operational hours (see page 3.)

Fee: \$25 Resident / \$50 Nonresident

#4620.145 Otay

Youth/Teen Fitness ♥

Age: 10 - 17 yrs.

The main goal of this 8-week program is to give youth of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of Fitness Center.

Fee: \$15 Resident / \$18 Nonresident

#4620.141 Otay
 Mon/Wed 4 - 5 pm

Adaptive Fitness ♥

Age: 16 yrs. & over

This morning circuit workout program is designed for teens and adults with physical challenges. The workout will be fun, yet challenging and will include strength training, toning, and cardiovascular work. Registration required. (12 weeks)

Fee: \$42 Resident / \$52 Nonresident

#4620.149 Otay
 Mon/Wed/Fri 9:30 - 11 am

**Morning Circuit ♥**

Age: 16 yrs. & over

Designed for beginners, this 12-week, 3-step progression of workout routines will build your fitness capacity as well as your cardiovascular and muscle strength. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes Fitness Center Membership.

Fee: \$42 Resident / \$52 Nonresident

#4620.148 Oday

Mon/Wed/Fri 9:30 -11 am

Whole-Souled Training

Ages 16 yrs. & up

A total body workout including proper warm up, flexibility and stretching, core/ balance training, circuit training combining both cardiovascular and resistance components to maximize fat-burning and lean body mass, and proper cool down, stretching, and reflection - the Ultimate workout. Workout while your children play at the center! 8 weeks only.

Fee: \$80 Resident / \$100 Nonresident

Drop-in class Fee: \$12 Residents / \$15 Nonresidents

#4690.141 Oday

Mon 6 - 7 pm



Would you like to play some hockey?

The City of Chula Vista is now offering roller hockey as one of its recreational sports. The program is designed for both youth (as young as three years old) and adults to play. Various levels of competition will also be offered from beginners who have never skated before, to ageless ones who have been playing all their lives. Programs will be determined by the number of registrants and interest levels for the various desired classes. Attend our basic information session on Saturday, January 14 to find out more information.

What: Roller Hockey Program**Who:** Instructor: Jerry Nestlerode**When:** Saturday, January 14, 10 am

Where: Sunset View Park
1390 South Greensview Drive
Chula Vista, CA 91915

Location: In the spectator area over-looking the rink
Time: 10 am for youth
12 pm for adults
Each info session will be about one hour.

Info: This is a general information meeting about the new program and an introduction to what will be offered. Interested participants are not required to bring equipment to this meeting.

Can't Make It: A subsequent meeting will occur Wednesday, January 18, 6 pm for those who cannot attend the Saturday meeting.

Cost: Program registration \$100.

Registration is not required to attend this meeting.

Frequency: Each program will meet twice a week.
One night during the week and once on the weekend.

Length: Programs will last about 10 weeks ending by the beginning of April.**How:** Just show up to the meeting and gather more information.

Why: To find out more about playing the best and fastest growing sport in southern California!

Aquatic Programs



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact:

Physical activity helps control joint swelling and pain associated with arthritis.

Aquatic Programs

Loma Verde Pool will be closed Dec. 10, 2005—Reopening on Jan. 9, 2006.
Parkway Pool will be closed Jan. 9, 2006—Reopening on Feb. 6, 2006.

Lap Swim

This program is offered to participants wishing to swim laps or enjoy themselves in a comfortable, outdoor, heated pool setting. Bag check-in is NOT available during this program. Long course available at Loma Verde 6 – 8 am

Parkway & Loma Verde Pools

Monday - Friday 6 - 8 am

Monday - Friday 11 am - 1 pm

Single Use Pool Admission Fees

Senior Citizen \$2

Adult \$3

Child \$2

Quarterly Pool Passes

Passes are available, and will be sold at the beginning of each quarter. Pass fees will not be prorated.

1. January - March

2. April - June

3. July - September

4. October - December

Adult Pass

Resident Fee: \$50

Nonresident Fee: \$75

Senior Citizen Pass

Resident Fee: \$40

Nonresident Fee: \$60

Ten Swim Pass

Adult Fee: \$24

Senior Fee: \$18

Annual Pass

Adult Resident: \$175

Adult Nonresident: \$263

Senior: \$135

Senior Nonresident: \$203

Water Aerobics

This program is designed for individuals who prefer a low impact workout. Water aerobics is also beneficial for people in physical rehabilitation, have back problems, or arthritis.

Instructor: P. Hagel

Fees: \$30/10 swims or \$4/visit, Resident
\$35/10 swims or \$5/ per visit, Nonresident

Loma Verde Pool

Mon/Wed/Fri 11 am - 12 noon

Swimming Lessons at Loma Verde Pool

Age: 3- 5 yrs.

Tiny Tot and Parent Tot

Safety skills and basic introductory swimming skills are presented in a fun aquatic environment. Combo class for water adjustment for 4-5 years

3 years and under will be accompanied by a parent. Registration Dec. 5, 11 am - 1 pm. Fee: \$27.00 Resident/
\$41 Nonresident

Monday - Thursday

Session 1 Jan 9 – 19

Session 2 Jan 23 – Feb. 2

#7121 11:00- 11:30 am

#7123 11:40- 12:10 am

#7125 1:00- 1:30 pm

South Bay Aquatics

Competitive Swim Team is open to swimmers ages 6 and older, who can swim 25 yards freestyle and backstroke (deep water style). Emphasis is on all techniques of stroke and turns used to compete in local and national competitions.

Call Krissy Payton (619) 434-5526 for more information.

2nd Annual Dog-On Wet and Wild Pool Party

Dec. 10 10 am - 1 pm

Bring Fido and Fifi for fun, games and prizes at Loma Verde Pool.

Swim Baja

Enjoy the FREE trip, track your swim, bike, and run/walk mileage to achieve a positive lifestyle. Prizes for mile markers achieved. The mileage of each participant will be tracked and on public display. Please call one of the two City pools for more information.

Splash Party Pool Rentals

Interested in renting a pool for a private party or special function? Facility rentals are available for reasonable rates. Call your pool of choice for available times and details.

American Red Cross Aquatics Classes

Lifeguard Training and Water Safety Instructor courses. Limited scholarships available plus books and materials. The American Red Cross will provide books, materials and support services at no cost for classes held at our local pools.

The pool fee for the class is \$45 and includes a \$20 nonrefundable deposit. Call (619) 691-5081 or (619) 691-5088 for details and exact times and dates.

Lifeguard Training

Dec 17 & 19-23 6 am - 3:30 pm

Lifeguard Training

Jan 14, 15, 21, 22, 28, 29 8 am - 5 pm

WSI

Feb 11 12 - 4 pm

Feb 18, 19, 25, 26 9 am - 5 pm

Master's Swim Program

Workouts are designed to provide a challenge to all levels of ability, with stroke analysis and improvement competitive strokes, along with instruction in turns and starts. Perfect for the triathlete or competitive swimmer. For information call (619) 691-5081. Time/location TBA.

Private Swimming Lessons

Private swimming lessons are available to all ages and abilities. To reserve your class or for further information, contact Loma Verde Pool at (619) 691-5081 or Parkway Pool at (619) 691-5088.

Mark Basnight,
Aquatic Supervisor III

Loma Verde Pool

1420 Loma Lane
Chula Vista, CA 91911
(619) 691-5081

Kelly Farr,
Aquatics Supervisor II
Elizabeth Kolata
Aquatics Supervisor I

Parkway Pool

385 Park Way
Chula Vista, CA 91910
(619) 691-5088

Eric Bonney,
Aquatics Supervisor II

Athletic Programs



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact:

Physical activity need not be strenuous to achieve health benefits.

Parkway Gymnasium

385 Park Way
(619) 691-5084

Ted Nelson, Recreation Supervisor III

Tim Farmer, Recreation Supervisor II

Throughout the year, the Parkway Gym offers a variety of activities for athletes of all ages. The gym offers shower and locker facilities, and equipment is available through a checkout system.

The winter schedule begins in December:

Sun	Open Basketball	12 - 4:45 pm
Mon	Open Basketball	2 - 4 pm
	Youth League Practice	4 - 7 pm
	Badminton	7 - 9:45 pm
Tues	Open Basketball	2 - 4 pm
	Youth League Practice	4 - 7 pm
	Open Volleyball	7 - 9:45 pm
Wed	Open Basketball	2 - 4 pm
	Youth League Practice	4 - 6 pm
	Men's Basketball Leagues	6 - 9:45 pm
Thurs	Open Basketball	2 - 4 pm
	Open Volleyball	7 - 9:45 pm
	Youth League Practice	4 - 7 pm
Fri	Open Basketball	2 - 4 pm
	Youth Basketball Practice	4 - 7 pm
	Open Basketball	7 - 9:45 pm
Sat	Youth league play only	

Note: The gymnasium schedule may vary depending on programming requirements and special events conducted by the city. Scheduling can be verified by contacting the Gym Office

Note: The gym will be closed on November 24 & 25

Adult Leagues

Informational meetings for managers and/or players will be held at the Parkway Gym for the following leagues on the dates indicated. Individual players may attend the meetings or contact the gym office to be included on a player referral list given to teams needing players. Placement is not guaranteed, but every effort will be made to place interested individuals on teams.

Note: league entry fees subject to change.

Coed, Men's, Men's Over 40 & Women's Slow-Pitch Softball

Registration Begins:

Coed, Men's, Men's Over 40 & Women's – January 3

Games played weeknights at Discovery, Eucalyptus, Rohr, and Chula Vista Community Parks begin the week of February 13.

Entry Fees (per team/8-10 game schedule):

\$380 Resident / \$500 Nonresident

Men's "There's No Football On This Weekend" Softball Tournament

Registration Begins: December 5

Games played Saturday and Sunday, January 28 & 29, at Chula Vista Community Park East and West, and Rohr #17 and 18.

Entry Fees (per team/4 game minimum):

\$250 Resident

Men's Spring Basketball ♥

Registration begins January 30, 2006. Games will be played at the Parkway Gym on Wednesday evenings beginning March 1, 2006.

Entry Fees (per team/8-10 game schedule):

\$410 Resident / \$515 Nonresident

35+ Men's Basketball ♥

Registration begins February 1, 2006. Games will be played at the Chula Vista Youth Center (465 L Street) on Wednesday evenings beginning March 1, 2006.

Entry Fees (per team/8-10 game schedule):

\$410 Resident / \$515 Nonresident

Coed Spring Volleyball

Registration begins January 31, 2006. Games will be played at the Parkway Gym on Tuesday evenings beginning February 28, 2006.

Entry Fees (per team/8-10 game schedule):

\$180 Resident / \$210 Nonresident

Walking/Running Club at City Parks

A variety of walking/running courses in the City have been mapped out. Choose a city park to walk/run in. We will provide a map with mileage markers. Walkers and runners are encouraged to time their courses, and complete them in progressively faster times.

Examples of new courses:

Rohr Park	Discovery Park	Sunset View Park
Bonita Long Canyon	Explore Park	Marisol Park
Sunbow Park	Sunridge Park	Santa Venetia

All ages are welcome to participate, walk with family, friends and neighbors. Report your mileage to Parkway Gym. Enjoy your city parks.

Youth Sports



All registrations are processed on a first come, first served basis. There are NO REFUNDS for these activities. Financial assistance is available on a limited basis.

Fact:

Nearly half of American youths aged 12-21 years are not vigorously active on a regular basis.

The purpose of the Youth Sports Program is to teach youngsters sports fundamentals. All activities are open to both experienced and inexperienced players. Instruction is coordinated to allow all players to learn the same basic skills. The primary goal of the youth program is to encourage participation and sportsmanship. All participants, parents and guests are expected to adhere to the code of conduct distributed with league materials and posted at all facilities.

For information concerning activities or financial assistance, call (619) 691-5084.

Youth Sports Certification Program

This free program is designed to prepare youth for employment with the City's Recreation Department. Participants learn to operate scoreboards and timing equipment, and develop an understanding of fundamental rules and regulations of various athletic activities. The program combines classroom training, hands-on experience, and job preparation through an internship program. Call the Athletics Office at (619) 691-5084 for more information.

Coed Indoor Soccer

The Recreation Department will be conducting Coed Indoor Soccer leagues at the Chula Vista Community Youth Center, 465 "L" Street, and other locations throughout Chula Vista. All games will be played on Saturdays, beginning April 1, 2006. There will be four age divisions, according to the year in which the child was born. All teams are COED. Requests for children to be placed on the same team for car pool reasons and requests for specific coaches and/or practice days/times cannot be honored. The program features fundamentals of the game.

Age Divisions:

- A – Born 1991 - 1993
- B – Born 1994 - 1995
- C – Born 1996 - 1997
- D – Born 1998 - 1999

Mail-in Registration: Feb 6 to Feb 18

Late Walk-in Registration: Feb 20 - March 17 or until leagues are full. (Space available basis!)

Registrations postmarked before Feb 6 and after March 17 will not be accepted.

Fees: \$35 Resident / \$44 Nonresident

(Make checks payable to The City of Chula Vista.)

With the Veterans Center Gym opening this spring, the department will now be offering two (2) separate leagues, east and west. They will run with the same rules and regulations, and you may sign up for either league. Practices and games for the eastern league will be held east of I-805, while the western league will take place west of I-805. Please call the Youth Athletics office at (619) 691-5084 for further information

Chula Vista Track & Field Club

The City of Chula Vista Track & Field Club is for boys and girls born between 1991 and 1999. The Club will teach the fundamentals of starting, sprinting, distance running, warming up and warming down as well as long jump, softball throw, and training techniques. The club will meet at a local track facility beginning March 1, 2006. Each Club member will receive a Team T-shirt.

Mail-in Registration: Feb 6 – Feb 18

Late Walk-in Registration: Feb 20 – March 17

Fees: \$30 Resident / \$38 Nonresident

Citywide Track & Field Championships

This is an open meet for all boys and girls born between 1991 and 1999. Top finishers qualify to compete in the San Diego County Municipal Athletic Association Championships to be held in early May at a site TBA, and possibly the Southern California Municipal Athletic Federation Championships to be held at Gahr High School in Cerritos on Saturday, May 27, 2006. Date: Saturday, April 15, 2006, Starting at 9:00 am

Location: TBA

Fees: \$5 Resident / \$8 Nonresident

Mail-in Registration: March 6 – April 1

Walk-in Registration: April 3 – April 14

WE NEED VOLUNTEER COACHES!

The Athletics Section is currently recruiting volunteers to serve as coaches for the youth coed indoor soccer program. Training is provided. All volunteer coaches are fingerprinted and screened by the Department of Justice in accordance with California state law. Interested individuals, please call (619) 691-5084.

Mail-in Registration

These activities have separate registration forms that may be picked up at any Recreation Center in the City of Chula Vista. The forms are available one week prior to the start of mail-in registration. Please DO NOT register using the forms in this brochure.

Walk-in Registration

All registrations for youth sports programs will be taken on the dates specified for each activity at:

Parkway Gymnasium

385 Park Way

Mon - Fri

2 - 7 pm

Online Registration

Register for selected activities via the Internet. Please go to: www.chulavistaca.gov/rec for more information.

All registrations are processed on a first come, first served basis. There are NO REFUNDS for these activities. Financial assistance is available on a limited basis.

School Programs



Middle School

Rosemary Brodbeck
Recreation Supervisor II
(619) 691-5052



Club TC (Teen Connection) After School Program

The Chula Vista Recreation Department, in conjunction with the Sweetwater School District, is conducting an after school program at six middle schools throughout the city. The program is additionally funded by the Critical Hours Grant and is FREE to participants. Activities include: sports, crafts, homework help, games, special events, field trips, specialized classes and much more.

Bonita Vista Middle School

Mon – Fri 3:15 – 5:10 pm (Wed. hours vary)

Castle Park Middle School

Mon – Fri 3:15 – 6:15 pm

Chula Vista Middle School

Mon – Fri 3:15 – 6:15 pm

Eastlake Middle School

Mon – Fri 3:15 – 5:15 pm

Hilltop Middle School

Mon – Fri 3:15 – 6:15 pm

Rancho Del Rey Middle School

Mon - Fri 2:40 - 4:40 pm

After School Basketball League

For seventh and eighth grade students at all Middle School After School sites. The program includes instruction on the fundamentals of shooting, dribbling, defensive and offensive strategies and other basketball skills. Practice will be held during the after school. Program at individual sites. Games will be held Saturday mornings at Parkway Gym starting mid-March.

Registration: Mar. 6 - Mar. 17

League Begins: Apr. 8

Fee: \$15 (includes T-shirt)

Registration forms are available at the After School Program.

Elementary School

DASH (Dynamic After School Hours)



Ages: Children in 1st through 6th grades

The City of Chula Vista, in cooperation with the Chula Vista Elementary School District, conducts the DASH Program at 25 elementary school playgrounds. DASH offers sports clinics (soccer, track and field, lacrosse, ultimate Frisbee, flag football and field hockey), arts and crafts, cooperative/initiative games and traditional playground games.

DASH program leaders conduct structured activities for approximately 50 children each day. The program operates Monday through Friday, on school days only, for 2 hours from the lower grade dismissal time. The program runs for 3 hours on schools' regularly scheduled minimum days

For more information, please contact DASH Program Supervisors, Keith Quigley at (619) 585-5779, Audra White at (619) 585-5730 or Bert Celeridad at (619) 585-5756.

Enrollment forms will be available on a first-come, first-served basis after school on the first day of school. Please see the DASH Leaders in person at individual sites for up-to-date enrollment information and waiting list status.

Allen
Arroyo Vista
Casillas
Clear View
Cook*
Discovery
Chula Vista Hills
EastLake
Halecrest
Hedenkamp
Heritage
Hilltop*
Kellogg

Liberty
Marshall
McMillin
Olympic View
Parkview
Palomar*
Greg Rogers
Rosebank
Salt Creek
Tiffany
Valle Lindo*
Veterans

*DASH Plus sites: these sites offer expanded hours and programming, including homework centers, thanks to additional grant funding.



STRETCH (Safe Time for Recreation Enrichment & Tutoring for Children)

STRETCH is a literacy and arts enrichment program offered as an extension of the school day for 1st through 6th grade elementary school children. The program is a partnership between the City of Chula Vista and the Chula Vista Elementary School District.

STRETCH is designed to give an academic boost to students who need it most by providing them with a stimulating, literacy-rich after-school environment. Parents enroll their children through the participating schools. Enrollment is limited to 60 - 100 students per school. Waiting lists will be maintained. For more information contact the School Site Coordinators at each school or the STRETCH Supervisor, Christy Bystrak at (619) 585-5721. In 2005-2006 STRETCH will be offered at the following seven schools:

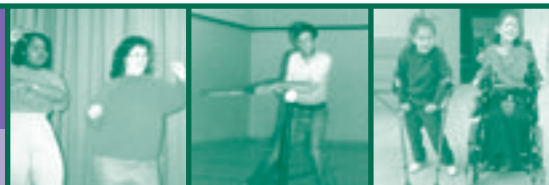
Harborside
Lauderbach
Loma Verde

Montgomery
Mueller
Otay
Rice

Therapeutics



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact: People with disabilities should first consult a physician before beginning a program of physical activity to which they are unaccustomed.

Carmel Wilson C.T.R.S.
Recreation Supervisor II
(619) 409-5800
Annual Membership Fee: \$40 Residents / \$50 Nonresidents
Membership runs September '05 – August '06. Includes a T-shirt plus discounted admission for dances, field trips and programs. Membership is accepted at any program, or mail fee to:

City of Chula Vista
Therapeutics Section
270 F Street
Chula Vista CA 91910

Want to Help?

The Therapeutics Section provides an excellent opportunity for individuals to lend a helping hand with various activities and programs. If interested, call (619) 409-5800.

Kids Included Together (KIT)

This nonprofit, grant-funded organization is designed to support programs serving children with disabilities. The grant will continue to provide Inclusion Aide assistance for children with disabilities.

Thursday Program ♥

Ages: 13 - Adult

This free, drop-in program is for teens and adults with developmental disabilities. Fun activities include games, sports, exercise, fieldtrips and special events. Group meets three times per month. Call to register. See bi-monthly calendar for selected dates.

Chula Vista Woman's Club 7 – 9 pm

Saturday Program ♥

Ages: 6 - Adult

Free Saturday programs are for persons with developmental disabilities. Activities include music, arts and crafts, dancing, games, sports, fieldtrips, and special events. Register no later than the Thursday before the program. Group meets two times per month. See bi-monthly calendar for selected dates.

Parkway Community Center 9 am – 12 noon

Mark Your Calendar! Special Events:

Pilgrim's Potluck – November 17
Santa Shuffle Holiday Dance – Dec. 10
Super Bowl Festivities – January 21
Sweet Hearts Dance – February 11
Saturday Morning March Mayhem – March 11

Free Style Dance Class ♥

Age: 6 - Adult

Learn basic hip-hop steps, line dances and movements to the "top hits." It's a fun way to exercise and learn new dance steps designed for individuals with developmental disabilities.

Fee: Members \$20, Resident \$24 and Nonresident \$30

Tuesdays, January 18 – March 8
Chula Vista Woman's Club 5:30 - 6:30 pm
Class is limited to 15 participants only.

Cooking Class

Age: 6 - Adult

Join us once a month for our hands-on cooking basics while preparing food to enjoy. Nutrition education and clean-up skills are also included in this class. Registration is required. Class size is limited.

Fee: Members \$2, Resident \$4 and Nonresident \$5

Parkway Community Center 12-1 pm
Nov. 19, Dec. 17, Jan. 21, Feb. 25, Mar. 18

Adaptive Fitness ♥

Ages 16+

This morning circuit workout program is designed for individuals with physical disabilities. The center offers a variety of state-of-the-art equipment to meet fitness goals. The workouts are fun, yet challenging and include strength training, toning and cardiovascular work. Registration required.

Quarterly Fee (includes gym membership at Otay): Resident \$42 / Nonresident \$53

Otay Recreation Center

Mon/Wed/Fri 9:30 - 11 am

Young Adults Club

Ages 16+

Designed for active young adults with developmental disabilities. Focus on social interaction, leisure skills and community awareness. The fee and program location varies with the activity. Call to register. See bi-monthly calendar for events.

Loma Verde Recreation Center
1st & 3rd Tuesday 7 - 9 pm

Wheely Sports ♥

Ages 6+

This free wheelchair sports program is designed for the active, sports-minded individual with physical disabilities.

Group meets three times per month. See calendar for specific dates
Call (619) 409-5800 to register.

Otay Recreation Center
Wednesdays 4:30 - 6:30 pm

Sunday Leisure Bowling

Age: 6 - Adult

Come join the Sunday Leisure Bowling crowd for our Winter Bowling Session. Our 10 – week bowling session is designed for active children, teens and adults with developmental or physical disabilities. Fee: Members \$22 + \$6 weekly bowling fees, Resident \$25 + \$6 weekly bowling fees and Non-Resident \$31 + \$6 weekly bowling fees.

Brunswick Premier Lanes, 845 Lazo Court.

Sundays, February 5 – April 9

Hand Cycling ♥

Age: 7- 14years

This class is a 5-week introduction to Hand Cycling Program for children with physical disabilities. Learn the basic skills to an adaptive outdoor sport while increasing strength and endurance. Fee: Residents \$15, Non-Residents \$18.75

Greg Rogers Elementary School, 510 East Naples Street, Chula Vista.

Tuesdays, February 7-March 7
3:30-5:30 pm

Senior Services



Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness. Look for the heart symbol that designates a healthy activity.



Fact: Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.

270 F Street 691-5086

Karen Harvell, Recreation Supervisor III
Kathy Wigginton, Recreation Supervisor II

From educational courses to health programs to exercise, there's a class or event for just about everyone at a time that fits your schedule. Classes and special interest groups include singing, yoga, creative writing, coin collecting, Tai Chi, watercolor painting and bridge. Dancers, from beginners to advanced, will enjoy line, square, round and ballroom dancing. To make it easy to join in, many classes have open enrollment and do not require advance registration. Go to the City's website or www.lifeoptionsouthbay.com to see our complete program.

Hours of Operation

The center is open Sunday through Friday. Please call for hours. Planning an Event or Party? The Norman Park Center is available all day on Saturday and on Sunday evening for rentals. Call (619) 691-5086 for information.

Fitness Center

Norman Park continues to promote a healthier lifestyle among older adults! Check out our new open air, state-of-the-art fitness area, featuring treadmills, an elliptical cross trainer, stationary recumbent bicycles, strength training equipment and more. Circuit training, specialized classes and personal trainers are available to help you reach your fitness goals.

Newcomer Orientation

Newcomer orientation takes place on the first Thursday of each month at 11am. Please bring a potluck dish to share and join us for lunch at 12 noon.

Chula Vista Senior Club

Norman Park Center serves Chula Vista residents and neighboring communities. The Club has a \$5 annual membership fee.

Oxford Seniors on Fridays

Boys & Girls Club, 333 Oxford Street, serves the residents of the Montgomery area of Chula Vista. \$2 annual membership fee. Call 407-4774.

Trips with the Senior Club

The Chula Vista Senior Citizen Club operates a trip program at the Senior Center. The office is open Monday and Thursday from 10 am – 1 pm. For more information call 476-5356.

Day Trips

Holiday Lights & Tony Roma's
December 20
Jan-Mar TBA
Overnight Trips
TBA

Dates to Remember

All events require advance sign up or ticket purchase.

Dec 2 Winter Style Workshop
Dec 16 Holiday Brunch
Dec 22 Old Fashioned Holiday Sing-a-long
Dec 30 New Year's Dance
Jan 12 Hobo Soup
Jan 26 Volunteer Recognition Luncheon
Feb 9 Valentine's Dance
Feb 23 Frito Bowl Lunch
Mar 9 Irish Potato Bake

Transportation for Seniors

Volunteers from Lutheran Social Services, located upstairs at Norman Park, will take seniors to doctor appointments, the grocery store, the pharmacy, the bank, Kaiser Zion and Veterans Hospital for \$3 each way. FREE for low-income seniors. Registration is required ten (10) days in advance of your first ride, with five (5) days in advance thereafter. For more information, call (619) 476-7055.

Are You OK?

Norman Park Center offers FREE automated phone calls to adults who live alone. The "Are You OK?" Program advocates independent living by reassuring participants. To enroll or inquire, call 691-5086.

Vial of Life

The Vial of Life is a FREE product that gives recipients a central place to keep their personal medical information. The vial is a magnetized container that adheres to the refrigerator door. It can conveniently be given to emergency medical personnel or taken to the doctor. Call (619) 691-5086. Please join us anytime for "Vial of Life" and "Are you OK?" Open registration at Norman Park Senior Center.

Info, Referral & Social Services

Norman Park provides numerous services for seniors and their families through community agencies and trained volunteers. The center also has extensive resources and references to assist in addressing the needs of seniors in the community. Some of the services offered include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities, health insurance counseling, health screening and bereavement support. Staff is available to answer your questions between 10 am and noon, Mon – Fri. (619) 691-5087.

AARP Driver Safety Program

Fee: \$10
Jan 18 & 20 12:30 - 4 pm
Feb 15 & 17 12:30 - 4 pm
Call (619) 641-7020 to register



Classes for Persons 50+

The following classes are taught at the Senior Center. Some are taught in collaboration with area adult schools. For registration or more information, call (619) 691-5086.

World Affairs Class

Mon 10 am

Longevity Stick ♥

Tues 9 am

Casual Crafters

This craft class makes items for Community Assisted Living Facilities.

Instructor: J. Oliver

Wed 9:30 am

Tai Chi ♥

Wed 9 am

Drawing & Acrylic Painting

Tues 10 am

Conversational Spanish

Mon/Wed/Fri 10 am

Spanish Language

Wed/Fri 9:45 am

French Language

1st & 3rd Thurs 2 pm

Chinese Conversation

Sun 3 pm

Polynesian Dance Class

Fee: \$1.00 donation

Wed 10:30 am

Begins Feb. 1

Ballroom Dance Class ♥

Learn Tango, Fox Trot, Waltz & Swing.

Fee: \$2 Resident / \$2.50 Nonresident

Mon 1 pm

Country Line Dance Class ♥

Fee: \$3 Resident / \$3.75 Nonresident

Tues

Beginners 11 am

Intermediate 10 am

Strength Training ♥

Instructor: K. Bodge

Fee: \$1 per class

Wed 6 pm

Adult Education Classes

Winter recess Dec 19 – Jan 2

Ongoing classes from Jan 3

Watercolors (Free)

Mon 9 am

Exercise (Free) ♥

Mon - Thu 8 am

Yoga (Free) ♥

Fri 8 am

Wed 7:15 pm

Yoga (\$25 per semester) ♥

Thurs 5 pm and 7:15 pm

Life Options Annex

www.lifeoptionssouthbay.com

Hours: Mon/Tue/Thurs, 9 am - 3 pm

Through the Annex and the Life



Options South Bay website, people age 50 and older can learn about opportunities for civic engagement, education, recreation, health activities, and employment possibilities. The goal of this "one stop shop" is to provide older adults with information and referrals, and to bring community members together. We can help you get the most out of your retirement. This project is a collaboration of Southwestern College, City of Chula Vista, Norman Park Center, and the Chula Vista Coordinating Council.

Successful Aging and You: Live Long, Live Well

Live long, live well is a series of presentations on issues of successful aging for adults contemplating retirement, and for those who have already retired but do not have a plan in place. The series began June 25th and runs through May 2006. These informative programs will examine what it means to age successfully and how you can become more proactive in your own retirement process. Please join us from 10:30 am – 12:30 pm on the following dates at the Chula Vista Public Library located on F Street for the kick-off of our Successful Aging and You program. It's time to think differently about aging.

Dec. 17 Keep Learning: You are Never too Old to Learn

Jan. 28 How to Live Long and Enjoy the Ride

Feb. 25 Education is Empowering

Mar. 25 Preserving Your Legacy

Flexible Volunteer Program

Learn more about evening and weekend volunteer opportunities. This program allows you to volunteer for projects according to your schedule with a minimum time commitment. Contact the Life Options Annex at (619) 691-9774 to learn more about the programs available to you.

Senior Net Computer Learning Center

The Computer Learning Center offers seniors the opportunity to learn basic computer skills including surfing the Internet, word processing, using digital cameras, making greeting cards and sending e-mail. The annual membership fee is \$40. Class fees are \$20 for residents, \$25 for nonresidents. Are you a computer whiz? The Learning Center is always looking for volunteers to teach the developed lesson plans, provide technical assistance or supervise the labs. Classes are on- going.

Chula Vista Public Library



Welcome to the Chula Vista Public Library!

Check out the latest best sellers and well-known children's books or browse through popular titles for travel, holidays, gardening, home improvement and Spanish at the Chula Vista Public Library. Both the Civic Center and South Chula Vista branches feature the new "Marketplace" with welcoming browsing areas, more copies of current titles, DVDs, books on CD, Wi-Fi (wireless internet connections), cafés, self-service checkout and much more.

Register for a free library card and use it for:

- Best-selling novels and non-fiction
- Downloadable audio books
- Popular children's books
- Books on CD and tape
- Libros en Español
- On-line reference materials
- DVDs of films, TV shows and foreign movies (\$20 a year for unlimited usage)
- Free Wi-Fi

In addition, the library has a variety of free programs for all ages including story times for kids in English and Spanish; homework help and computer classes for teens; and classical concerts and book discussion groups for adults.

The Chula Vista Public Library has three branches plus many resources available through its on-line branch at www.chulavistalibrary.com. In addition, the library operates the Chula Vista Heritage Museum.



Civic Center Branch

365 F Street 691-5069

Monday – Thursday 10 am – 9 pm
Friday & Saturday 10 am – 6 pm
Sunday 1 – 5 pm

EastLake Branch

1120 EastLake Parkway 656-0314

Monday – Thursday 3:30 – 8 pm
Saturday 10 am – 4 pm
Friday & Sunday CLOSED

South Chula Vista Branch

389 Orange Avenue 585-5755

Monday – Thursday 10 am – 8 pm
Friday & Saturday 12 – 6 pm
Sunday 1 – 5 pm



Chula Vista Heritage Museum

360 Third Ave., 427-8092

Call for hours.

Holiday schedule:

All branches

Dec. 8 Closed for Library Professional Development Day

Dec. 24-26 Closed for Christmas Holiday

Dec. 31-Jan. 2 Closed for New Year's Holiday

Jan. 16 Closed Martin Luther King Jr. Holiday

Civic Center and South Chula Vista Branches

Dec. 27-Dec. 30 Open 10 a.m. to 6 p.m.

EastLake Branch

Dec. 24-Jan. 2 Closed



Fun story times, programs highlighted for children!

Children's story times

Recognizing the vital importance of reading readiness for infants and toddlers, the Chula Vista Public Library has expanded its entertaining and educational story times. All of the options are free and open to the public!

Bring a baby and/or toddler to enjoy the delightful songs, stories, games and learning activities. In addition, learn ideas to incorporate at home or in a day care setting.

Daily and Saturday story times

Story times are offered daily from Monday through Thursday at both the Civic Center and South Chula Vista branches. The EastLake Branch continues to offer story times on Saturday mornings.

Both the popular Born to Read (Infant-3 years) and Ready to Read (3-5 years) are offered.



Puros Cuentos

Story times in Spanish (en Español) are featured at the Civic Center and South Chula Vista branches for children ranging in age from preschoolers to Grade 3.

Pajama Story Time

Enjoy an evening story time especially designed for babies and toddlers at all of the Chula Vista Library branches.

Children's programs

Watch a magic show, hear a special storyteller or make a holiday craft! These are just a few of the exciting programs that Chula Vista's libraries are planning for this winter.

All of the programs are open to the public at no charge.

"Chocolate Reading Club!"

Sign up for the "Chocolate Reading Club" in February! Children in this free reading club will earn incentives for reading books and participate in special chocolate-themed programs.

For this winter's complete schedule of programs and classes, pick up a copy of the library's quarterly calendar of events or check the events on the web site at www.chulavistalibrary.com.

Teen study breaks, volunteer opportunities at library!

Free homework help!

Middle school and high school students can drop-in for free help with class assignments and study for tests. Offered at both the Civic Center and South Chula Vista branches on Tuesday and Thursday nights.

Teen programs

Teens—here's a chance to join a chess club, enjoy crafts, learn storytelling skills and more!

Library Teen Council

Join the library's team of middle and high school students who help plan and promote teen programs, workshops and community outreach opportunities. Meetings are held monthly and community service hours may be earned.

Adult programs

Computer Classes

Looking to gain computer skills? The library offers free monthly computer classes with topics that include "Introduction to Computers," "Introduction to the Internet" and "Introduction to e-mail." The classes are scheduled at the Civic Center and South Chula Vista branches, with registration required since the class size is limited by the number of computers available.

Concerts and Cultural Programs

Cultural activities include chamber concerts at the Civic Center Branch; art exhibitions in the Rosemary Lane Galeria at the South Chula Vista Branch; and specialty concerts, movies and programs at the Civic Center and South Chula Vista branches.

Book Discussion Groups

Join "South Bay Readers" or "Let's Talk About Books" for a lively monthly discussion of current and classic books. Both of these book discussion groups are offered each month at the Civic Center Branch. The groups read different selections and one meets in the morning while the other has evening meetings. The library calendar and web site list the book selections, dates and times for meetings.

Genealogy Society

The Chula Vista Genealogical Society meets monthly at the Civic Center Branch. They also conduct weekly family research assistance. The meetings are free and open to the public seeking help with genealogical research.

Boys & Girls Club



**BOYS & GIRLS CLUB
OF CHULA VISTA**



*Serving the youth of our
community since 1956.*

Welcome

to the Boys & Girls Club of Chula Vista, a nonprofit, youth development organization dedicated to promoting the physical, social and educational development of children. The Club is a caring place where children can learn new skills, build self-esteem and develop values that will help them as they grow to adulthood. The Club is staffed by a number of fulltime professional youth workers and volunteers who care about young people.

Who Can Join the Club?

Any boy or girl grade 1-12, ages 6-18. (Please review the following pages for programs for younger children.)

How to Join the Club

Complete a membership application for each child and present the application and the annual membership fee of \$60 to the membership clerk (Special family rate available). Membership is valid for one year from date of joining.

No child is turned away for inability to pay. Some scholarships available.

Programs & Services

The Club offers many programs and services not listed in this brochure. Check with the front desk for additional information, applications, permission slips and program schedules. Other informational flyers are also available.

Social Recreation

A variety of activities are offered each day to test the members' skills or develop new ones. Foosball, pool and ping-pong tables are available as well as a variety of board games.

Open Door Policy

The Club has an open door policy that allows Club Members to enter or leave the Club facilities as they choose. Parents who want their child to remain at the Club must instruct their child to do so. The open door policy does not apply to preschool or day camp programs.

Early Morning Care

Before school care begins at 6:30 am to assist those parents who work early morning shifts.

Weekly fee: \$35 For additional information and to see if your child's school is included, please call (619)421-4011 ext. 21.

After School Transportation

Transportation and walking programs are available to students from the following elementary schools:

Castle Park • Chula Vista Hills
CVLCC • Greg Rogers
Harborside • Hedenkamp
Heritage • Lauderbach
Loma Verde • McMillin
Mueller • Otay
Palomar • Parkview
Rice • Rohr
Valle Lindo

Participating members meet Club Staff at a designated area at their school and are then transported or escorted to the Club site. For fee information phone (619) 421-4011x21.

Power Hour

"Power Hour" is a program to help members develop academic, behavioral and social skills through homework completion. During "Power Hour" we provide one-to-one tutoring, recognition, incentives, and most importantly *we make homework fun!*

Winter Daycamp

December 19 – January 9

Daycamp provides a safe and fun program for boys and girls 6 years and up. Camp hours: 6:30am-2:00pm Campers may remain until 6:00pm at no additional cost. (Membership required) Please call (619)421-4011x21 for more information.

Fee: \$130 per week or
\$25 per day (Jan. 2 & 9 only)

Operation Connect

"Club Tech" Computer Centers offer fun and excitement at all three club sites with our new computer learning program. Members will learn the basics and more about computers and safe Internet use. Activities include using computers to enjoy music, art and photography. Learn business skills such as internet research and making presentations. We make exploring education fun!

OLEANDER CENTER

(Administration Offices and Club Site)
1301 Oleander Avenue
Chula Vista, CA 91911
(619)421-4011

Unit Director: Sally Cross

LAUDERBACH CENTER

333 Oxford Street
Chula Vista, CA 91911
(619)407-4774

Unit Director: Patty Brambila

FEASTER-EDISON CHARTER SCHOOL

670 Flower Street
Chula Vista, CA 91910
(619)421-4011 ext. 17
Unit Director: Danielle Harris

OLEANDER CENTER

1301 Oleander Ave. Chula Vista
(619)421-4011

The following activities are available:

- Before school program
- After school program
- Homework center/ help
- Arts & crafts
- Woodshop
- Table tennis/Pool
- Air hockey/Foosball
- Board Games & Tournaments
- Sports
- Day camp
- Computer lab

SMALL WONDERS PRE-SCHOOL

(A licensed Pre-school and Child Care Program; License #370806181)

The Club recognizes that the first years of life reflect the most rapid physical and mental growth of the child, requiring a wide variety of activities incorporating social and mental interaction. At Small Wonders, the child's self esteem is promoted through a stimulating environment and an individualized curriculum model. The main objective is to offer an affordable, quality childcare program designed to provide a happy, carefree environment for children ages 2 to 6 years old. Breakfast, lunch, morning and afternoon snacks are included. Fee: \$25 registration/\$140 Full-time Information: (619)421-4022

LAUDERBACH CENTER

333 Oxford Street, Chula Vista
(619)407-4774

The following activities are available:

- Before school program
- After school program
- Homework center/ help
- Arts & crafts
- Table tennis/Pool
- Foosball
- Board Games & Tournaments
- Sports
- Day camp
- Computer lab



FRIENDS 'n PALS KINDERGARTEN

Designed to complete the kindergarten student's day, this program is available for both morning and afternoon kindergarten students. This bilingual program emphasizes social skills, movement and rhythm, science, homework help and more. Transportation to and from school is provided. Breakfast, lunch and snacks are included. This program is available for students at Lauderbach, Charter, Harborside, & Mueller Schools. Fee: \$85/week (full time only)

FEASTER-EDISON CHARTER SCHOOL

(619)421-4011 EXT. 17

Membership at this location is limited to students of Feaster Edison Charter School.

Hours of Operation

6:30-7:30 am Mon-Fri

3:15-6:15 pm Mon/Tues/Wed/Fri

1:30-6:15pm Thursday

Fee: \$5 per school year

The following activities are available:

- Before school care
- After school program
- Seasonal sports
- Homework center/help
- Arts & Crafts
- Ballet/Jazz dance lessons
- Tournaments
- Life Skills groups
- Day camps

For further information, Boys & Girls Club staff members are available at the school site after school or you may call (619) 421-4011 ext. 17.

For more Club information visit our
website:
bgccv.net

For more Skatepark information and
special events visit:
cvskatepark.com

LEN MOORE CHULA VISTA SKATEPARK

1301 Oleander Ave.

(619)421-4011 x 12

Our 55,000 square foot skatepark, including new wooden half-pipe, features shaded bleachers for viewing, lights for night skating, fully-stocked skate shop, and a snack bar.

Equipment required:

Helmet, knee pads, elbow pads

Fees: Member \$4

Nonmember \$10

10-session pass: \$30 (Members only)

Annual Membership: \$25 (includes programs discounts)

Monday-Friday 2:45 pm-8:00 pm

Saturday 11:30 am-8:00 pm

Sunday 11:30 am-5:45pm

(Skaters under 18 must have a parent or legal guardian sign the "Hold Harmless/ Medical Release" in person on the first visit.)

Winter Skate Camp

December 19 – 23

December 26 – 30

Make friends, learn tricks and get help from skating instructors. Prizes... contests...fun! Age appropriate instruction on techniques and safety... beginners welcome! Safety gear required.

Fee: \$100 per week

Information: (619) 421 - 4011 x. 12



South Bay YMCA

www.southbay.ymca.org



1201 Paseo Magda
Chula Vista, CA 91910
619-421-8805
<http://southbay.ymca.org>

Main Facility

1201 Paseo Magda, Chula Vista 91910

Gymnastics Center & Family Sports Complex

2390 Boswell Road, Suite 300, Chula Vista 91914

Teen Center

820 Paseo Ranchero, Chula Vista 91910

Satellite Office

50 Fourth Avenue, Chula Vista 91910

Mission

The South Bay Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of spirit, mind, and body.

The YMCA Family

The South Bay Family YMCA is an association of people of all ages, ethnic origins, religious affiliations, and socioeconomic levels who are unified by a common purpose of strengthening and enriching their mental, physical, and spiritual well-being. The South Bay Family YMCA is a fellowship based on Christian values whose mission is to provide opportunities for growth through programs, services and leadership. We do this by offering programs that:

- Develop the inner strengths and interpersonal skills of youths
- Enhance the health and fitness of children and adults
- Strengthen the family unit
- Enhance cultural diversity
- Enhance the personal lives of young and older adults

Now Open!

- New Gymnastics Center & Family Sports Complex
- New Weight Room
- New Kidz Zone
- New Multi-Purpose Room

YMCA Programs

The YMCA offers a wide variety of programs designed to build strong kids, strong families and strong communities. All of our programs are available to members and participants of all ages.

- Aquatics: swimming lessons, lap swimming, open swim, swim team and water aerobics
- Family Childcare: before and after school on-site childcare at most Chula Vista Elementary School
- District schools, Toddler Center
- Day Camps: school break and summer traditional and specialty day camps
- Literacy: helps children enhance their reading ability
- Teens: clubs, camps, events, service projects, sports leagues and social activities
- Fitness: group exercise, strength training and cardiovascular conditioning
- Martial Arts: Tae Kwon Do and Tai Chi
- Dance: ballet, Polynesian, jazz, hip-hop and fitness-movement
- Gymnastics: lessons, team, tumbling and competitive cheer team
- Sports: flag football, basketball, soccer, roller hockey, t-ball, golf
- Active Older Adults: fitness, educational and social
- Parent-Child: Adventure Guides
- Volunteers: several opportunities available.

For more detailed information and for a free program brochure please call (619) 421-8805 or visit our website at <http://southbay.ymca.org>.

South Bay Family YMCA

We build strong kids, strong families and strong communities.

Executive Director.....	Tina Williams
Associate Executive Director.....	Annette King
Department Head.....	Tony Fajardo
Department Head.....	Sheri Greene
Department Head.....	Dalvon Logan
Membership Director.....	Dan Montoya
Aquatics Director.....	Johanna Pope
Building Superintendent.....	Harold King
Childcare Director.....	Wendi Stith
Gymnastics Director.....	Tina Breen
Program Registration.....	Leticia Puga
Youth Sports Director.....	Abbey Smith

Financial Assistance

The YMCA welcomes people of all socioeconomic backgrounds. Financial assistance is available for those who can demonstrate financial need and proof of residency. Funding is provided through donations to the YMCA. Confidential applications are available at the Courtesy Counter. Please allow three weeks for processing and approval.

Reserving City Facilities



Parks

Picnic Areas

The City of Chula Vista has 45 public parks providing a variety of amenities at no cost, such as picnic areas and play equipment. However, an optional picnic reservation is available for Chula Vista Community, Cottonwood, Eucalyptus, Heritage Park, Marisol, MacKenzie Creek, Rohr, Terra Nova, Voyager, Hilltop, Sunset View, Harvest, Santa Venetia, and Veterans Parks. Reservations are accepted year-round.

Air jumps and pony rides are allowed at 18 of the parks. For exact locations, please refer to the parks amenities matrix on the next page. There are large park shelter/gazebos which can accommodate a maximum of 200 people at MacKenzie Creek, Rohr, Terra Nova and Voyager parks.

There are several sites which can accommodate a maximum of 100 people. These sites are Cottonwood, Harvest, Rohr Park, Heritage, Santa Venetia, and Veterans Parks. There are small sites which can accommodate a maximum of 50 people: Chula Vista Community, Eucalyptus, Hilltop, Marisol, MacKenzie Creek, Rohr, Sunset View, and Voyager parks.

Persons who wish to reserve picnic areas can do so at the Public Works Center, 7 am - 3 pm, Monday - Friday. Reservations must be made 2 business days in advance, no exceptions. Sorry, telephone reservations cannot be accepted. Those wishing the resident rates must show proof of residency, such as a driver's license with the current address listed. If the customer does not have the current address, a current utility bill may be substituted. Full payment must be made at the time the reservation is made (deposit plus reservation fee).

Areas that are not reserved can be used on a first-come, first-served basis at no charge. It is highly recommended that reservations be made, especially for weekends.

No keg beer, glass containers or amplified music are allowed in any City of Chula Vista park. A complete set of park rules can be obtained at the Public Works Center.

The Public Works Center has moved to 1800 Maxwell Road. Because the new office is located several miles from the Civic Center, residents are asked to call (619) 397-6197 before driving to the Center for services.

For park reservations, call (619) 397-6197.

Resident*	Large	Medium	Small	Air Jump & Pony Permit
Rental	\$120	\$90	\$30	\$30
Deposit \$100	\$75	\$25		
Total	\$220	\$165	\$55	\$30

*Persons wanting the resident rates must show proof of residency such as a driver's license with the current address listed – If license does not have the current address the customer can also bring in a current utility bill.

Resident*	Large	Medium	Small	Air Jump & Pony Permit
Rental	\$240	\$180	\$60	\$60
Deposit	\$100	\$75	\$25	
Total	\$340	\$255	\$85	\$60

Recreation Facilities

Pools

Interested in renting a pool for a private party or function? Call the pool of your choice for details and prices.

Community Center Reservations

For indoor use, the Chula Vista Youth Center, Heritage, Veterans, Loma Verde, Parkway and Otay Community Centers, the Norman Park Senior Center, and the Chula Vista Women's Club are available for weddings, birthdays, meetings, etc.

The Loma Verde Recreation Center and the Norman Senior Center each have main halls suitable for receptions of up to 250 people, plus smaller rooms for meetings of up to 50 people with kitchen facilities*.

Alcoholic beverages are not permitted in Loma Verde, Parkway, Otay, the Chula Vista Community Youth Center and the Heritage Center. Alcohol is permitted at certain functions in the Chula Vista Women's Club and the Norman Park Senior Center.

Call each center for complete information concerning rules, rental fees, room availability and capacity.

*Kitchen facilities are for warming food only. Health regulations prohibit the cooking of food in any of our facilities.

Sports Fields

Softball fields in four of the City's parks are available for rent on an hourly basis. Contact the Athletics Office at 691-5084 to reserve ball fields in Chula Vista Community, Discovery, Eucalyptus and Rohr parks. Contact Veterans Recreation Center at (619) 691-5260 for information on Veterans Park Fields.

A soccer field at Voyager Park is also available for rent through the Athletics Office.

Need a Gym?

The Parkway Gymnasium, Otay Recreation Center, Veterans Recreation Center, and Chula Vista Community Youth Center are available for groups to use on a rental basis for athletic activities such as basketball, volleyball, badminton, etc. Companies, clubs or organizations interested in making use of these facilities may refer to the telephone listing on the next page.



City Parks Map



RECREATION CENTERS ◇

1. Chula Vista Woman's Club

357 G Street
(619) 691-5085 (for info)

2. Chula Vista Youth Center

465 L Street
(619) 691-5276

3. Loma Verde Pool

1420 Loma Lane
(619) 691-5081

Loma Verde Recreation Center

1420 Loma Lane
(619) 691-5082

4. Norman Park Senior Center

270 F Street
(619) 691-5086

5. Parkway Community Center

373 Park Way
(619) 691-5083

Parkway Gymnasium

385 Park Way
(619) 691-5084

Parkway Pool

385 Park Way
(619) 691-5088

6. Otay Recreation Center

3554 Main Street
(619) 476-5325

7. Heritage Community Center

1381 East Palomar Street
(619) 421-7032

8. Veterans Center opening soon, call for info

785 East Palomar
(619) 691-5260

TENNIS COURTS

Municipal Courts

	# of courts
Mackenzie Creek Park	2 (lighted)
Marisol Park	2 (lighted)
Eucalyptus Park	4 (lighted)
Rancho Del Rey Park	2
Sunbow Park	3 (lighted)
Terra Nova Park	2 (lighted)
Santa Cora	1 (lighted)

School District Courts

	# of courts
Southwestern College	14 (4 lighted)
Bonita Vista High	6
Castle Park High	6
Chula Vista High	6 (4 lighted)
EastLake High	10 (8 lighted)
Hilltop High	6 (4 lighted)
Rancho Del Rey Middle	4

MUNICIPAL GOLF COURSE

4475 Bonita Road, (619) 479-4141

18-hole championship course, pro-shop, putting and chipping greens, driving range, carts, snack bar, club house and restaurant.

OPEN SPACE

An Open Space Hotline, (619) 397-6016, is available to address open space concerns outside normal business hours. The hotline will record non-emergency open space concerns before 8 am or after 5 pm and on weekends.

To report and register concerns regarding City Open Space during regular business hours, please call (619) 691-5027. Emergency calls outside regular business hours, 8 am - 5 pm, Monday through Friday, should be directed to the Police Department at (619) 691-5151. The Police Department will contact staff on emergencies.

City Parks

Community Parks Acres

[illegible]

*Rental Reservations Available **Reservations & information from Port of San Diego (619) 686-6200 City Parks

Registration Form



FILL OUT COMPLETELY - PLEASE PRINT

ADULT LAST NAME	FIRST	MI
Address	City	Zip
Home Phone	Business Phone	
E-mail (if you desire to receive Recreation Department program information):		
How did you learn about our programs? (Please select one.)		
<input type="checkbox"/> Recreation brochure	<input type="checkbox"/> City Website	<input type="checkbox"/> City employee
<input type="checkbox"/> Friend	<input type="checkbox"/> Newspaper	<input type="checkbox"/> Flyer
<input type="checkbox"/> Repeat customer	<input type="checkbox"/> Other	

*Does the participant need special accommodations for a successful experience?
A two-week advanced notice is required (Check Y or N, below.)



PARTICIPANT INFORMATION - PLEASE PRINT

Class #	Swim Sess.	Class Title	Participant's Last Name	First Name	MI	Sex	Date of Birth	Fee	Y*	N*

Please choose classes carefully, the NO REFUND Policy will be followed. Returned Checks:
There will be a minimum service charge of \$25 on all checks returned from the bank.

TOTAL FEES DUE \$

READ, SIGN AND DATE WAIVER BELOW. Unsigned waivers will cause your registration to be returned unprocessed.
ACCIDENT WAIVER AND RELEASE OF LIABILITY (AWRL)

I, _____ (REGISTRANT), and I, _____ (REGISTRANT'S parent or guardian), acknowledge that this activity may be an extreme test of REGISTRANT's physical and mental limits and that it could result in death, injury and property loss. Risks may derive from terrain, facilities, water conditions, weather, condition of equipment, vehicular traffic, actions of others, lack of hydration, as well as other sources. I hereby assume all risks of REGISTRANT's involvement in this activity. I certify that REGISTRANT is physically fit, has sufficiently trained for participation in this activity and has not been advised otherwise by a qualified medical person. I acknowledge that this AWRL form will be used by The City of Chula Vista and the activity holders, sponsors and organizers, in which REGISTRANT may participate and that it will govern REGISTRANT's actions and responsibilities at said activities. In consideration of REGISTRANT being permitted to participate in this activity, and on behalf of myself, my executors, administrators, heirs, successors and assigns, I hereby (A) WAIVE, RELEASE AND DISCHARGE FROM LIABILITY The City of Chula Vista and its directors, officers, employees, volunteers, representatives and agents, and the activity holders, sponsors, directors and volunteers, for the death, injury or property loss or damage of REGISTRANT or actions of any kind which may accrue to me as a result of REGISTRANT's participation in this activity; and (B) agree to INDEMNIFY AND HOLD HARMLESS the above-mentioned entities or persons from any and all liabilities or claims made by other individuals or entities as a result of any of REGISTRANT's actions during this activity except for those claims arising from the sole negligent or willful conduct of The City of Chula Vista or its agents. I hereby consent to the administering of medical treatment to REGISTRANT if deemed advisable in the event of injury, accident and/or illness during this activity. I understand that at this activity or related activities, REGISTRANT may be photographed. I agree to allow REGISTRANT's photo, video or film likeness to be used for any legitimate purpose by the event holders, sponsors, directors and their agents or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and understand its content. I further certify that I am the parent or guardian of the above-named participant and that I will hold each of the above-named individuals and entities harmless and indemnify each in the event of any loss whatsoever due to a defect in my legal capacity.

REGISTRANT's Parent or Guardian's Signature _____ Date _____

*If the participant is under 18 years of age or legally incapacitated, the parent or guardian must also sign.

Make checks payable to "CITY OF CHULA VISTA" *Individuals who do not reside within the city limits of Chula Vista must pay the nonresident fee listed for each class. Failure to send correct amount could result in delay or denial of your priority class.

Send your registration to the Recreation Department for all recreational classes. Be sure to indicate session number for all swimming classes.

RECREATIONAL CLASSES:

City of Chula Vista Recreation Department, 276 Fourth Avenue, Chula Vista, CA 91910

Attn: Frank Carson (Mail Stop R-107)

FOR OFFICE USE ONLY: Amount Enclosed: \$ _____ CK/MO# _____ Bank # _____ City Receipt # _____

Registration Information



Furlough Closure: All Recreation Centers will be closed on different dates during the holidays. Please visit www.chulavistaca.gov/rec or call your local center for hours.

Walk-in Registration

December 5 – January 14

Walk-in registration for winter classes will be taken on a first come, first served, space-available basis, beginning the last week of the fall session. Register Monday – Friday from 3 - 7 pm, and Saturday from 12 - 3:30 pm at the Chula Vista Youth Center, Heritage Center, Loma Verde Center, the Otay Center, Parkway Center and Veterans Park & Rec. Center. Registration will be taken at all facilities for any class, regardless of its meeting location. Those registering will be asked to complete the registration form and provide payment in the preferred form of check or money order. Cash in the exact amount will also be accepted. **Please note, the first day of registration, December 5, all Recreation Centers will begin registration at 2 pm.**

Financial Assistance

November 21 – January 6

Please note: Our application process and timelines have changed. Recreation Classes Applications are available starting November 21 at Recreation Centers. A minimum of three working days is required to review application. Applicants will be notified. Applicants will be required to participate in walk-in registration December 5 – January 14 and will not be registered in classes until fee balance has been paid. Swimming Classes and Camps Applications are available at Recreation centers, pools, and Parkway Gymnasium, and must be submitted no later than 14 days prior to the start of the class, camp, or activity. Applicants will not be registered in activities until the balance of fees has been paid. More detailed information is contained on the Financial Assistance Application Forms.

Mail-in Registration

December 5 – December 17

- The Registration Form is to be used only for the Recreation Department classes listed on pages 4 - 25 of this brochure.
- Do not combine with registrations for any other program or agency (youth sports, YMCA, Boys & Girls Club).
- Registration will be accepted by mail on the dates listed, on a first received, first processed, space-available basis.
- Print and fill out form completely.
- Mail-in registration is only for classes preceded by an activity number.
- Register for classes at the locations where those specific classes will be held.
- Applications postmarked before December 5 or after December 17 will be returned unprocessed.
- Send a check or money order for the total payment due payable to "City of Chula Vista."
- Separate checks for each recreation class are not required. Bankcards will not be accepted for walk-in or mail-in registration. Do not send cash.
- Individuals who do not live within the city limits of Chula Vista will be required to pay the nonresident fee listed for each class. Proof of residency may be required.
- Mail to: City of Chula Vista Recreation Dept.
Attn: Frank Carson, MS R-107
276 Fourth Avenue, Chula Vista, CA 91910

Online Registration

Begins December 5

The Recreation Department is continuing an online registration process for the fall session. Go to www.chulavistaca.gov/rec and link to online registration. Please note: A nominal, non-refundable fee is charged in addition to the class fee for the online service provided by a registration vendor. Questions? Call (619) 691-5276 for additional information.

Cancellations

A minimum number of participants is required to hold class. The Recreation Department reserves the right to cancel any class when enrollment is low. To help assure that classes have the required number of participants, please register early. An automatic refund will be issued if the department cancels a class.

Refunds & Transfers

Refunds are not issued unless classes are cancelled. Refunds will be processed and mailed approximately 3-4 weeks after classes begin. Transfers and/or credits may be approved under certain limited conditions. Online registration processing fee is non-refundable.

Want to teach a class?

The Recreation Department is always searching for qualified instructors to teach new or existing classes. If you are interested in being a contractual instructor, contact the corresponding center supervisor.

Community Youth Center

Frank Carson (619) 691-5276

Heritage Park Community Center

Tony Ramos (619) 421-7032

Loma Verde Recreation Center

Sandy Chavez (619) 691-5082

Norman Park Senior Center

Karen Harvell (619) 691-5086

Otay Recreation Center

Michelle Castagnola (619) 476-5325

Parkway Community Center

Shaun Ellis (619) 691-5083

Therapeutic Programs

Carmel Wilson (619) 409-5800

Veterans Park Recreation Center

Victoria Tom (619) 691-5260

NOTE: Fees for classes DO NOT include any additional costs that may be required (i.e. ballet slippers, leotards, martial arts uniforms, tap shoes, etc.)



CITY OF
CHULA VISTA

www.chulavistaca.gov
276 Fourth Avenue Chula Vista, CA 91910

Open for Winter Recreation Classes

Veterans Recreation Center



Veterans Recreation Center is nearing completion. The facility is located in Veterans Park on East Palomar between Medical Center Court and Davies Drive. The Recreation Center is a 15,885 square foot multi-purpose community recreation services facility, including a gymnasium, dance room, game room, multi-purpose room and annex. The 12-acre park site, which will be open in Spring 2006, includes one lighted multi-purpose field, one lighted softball field, dog park, meditation garden, picnicking facilities with shade structures and barbecues, children's play areas, two-lighted outdoor basketball courts, a restroom/maintenance facility building and open lawn areas. For more information, please call (619) 691-5260.

W i n t e r 0 5 / 0 6